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ABSTRACT

The situations and feelings of representative national samples of 50- and 70-year-olds were investigated in order to provide a representative, adequate data base for planning programs and policies that will result in maximum improvement in the quality of life of older Americans at minimum costs to taxpayers. Intensive case studies of 1,000 individuals for each of the two age groups were conducted. Product-moment correlation coefficients were calculated between present ratings of overall quality of life and the extent to which subjects reported their needs and wants were met in each of 15 dimensions. The largest contribution to overall quality of life in all groups appeared to be the extent to which needs and wants were met with respect to material comforts. For the 50-year-olds, "work" was the second largest contributor and "health," the third. This order was reversed for the 70-year-olds. "Spouse," "active recreation," "socializing," and "learning" were all important contributors to the overall quality of life of these four groups, with the exception of "spouse" for the 70-year-old women, most of whom did not have a husband. (Author/HLM)

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IDENTIFYING OPPORTUNITIES
FOR
IMPROVING THE QUALITY OF LIFE
OF OLDER AGE GROUPS

John C. Flanagan

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Dr. Darlene Russ-Eft was my associate on the project for as long as the budget would allow. Her contributions to the planning and data collection are gratefully acknowledged. In the latter phases of the project valuable assistance was provided by Stephen R. Aquino and Candace L. Janssen.

Abstract

Information is needed to provide a sound basis for the development of policies and programs to give effective and efficient support and services to older people. The urgency of this need is well documented by the very rapid rise and anticipated further accelerated increase in the proportion of the federal tax dollar being spent on programs and services for the elderly.

To clear up conflicting findings and obtain the data base essential for sound planning, in-depth studies of nationally representative samples of 1,000 50-year-olds and 1,000 70-year-olds were made. This study included an inquiry into the individual's status on an objective, empirically-developed set of 15 dimensions of quality of life.

The initial indications concerning the dimensions of importance to the 70-year-olds for which their needs were not well met at the present time were opportunities for participation in local and national government, material well-being, active recreation, health and personal safety, helping others, understanding oneself, and learning.

In response to questions as to which three of the 15 areas tend most to make their quality of life "good" and which three tend most to make it "poor" the 50- and 70-year-olds mention material comforts, health and personal safety, children, and spouse most frequently. Both the men and women also mentioned learning quite frequently. Other frequently mentioned dimensions for the men were active recreation and work. For the women close friends and helping others were mentioned quite often.

With only a few exceptions today's cohorts of 30- and 50-year-olds report the importance to their quality of life of the various dimensions and the extent to which their needs in these dimensions are met very much the same as the present 50- and 70-year-olds remember them when they were at those ages. The ratings of overall quality of life now made by the 50-year-olds are also quite similar to the retrospective reports of their quality of life at 50 by today's 70-year-olds.

Less of today's 70-year-olds than 50-year-olds report their overall quality of life as "excellent" or "very good"--52 percent as compared to 60 percent. Similarly, 15 percent of the 70-year-olds as compared with 10 percent of the 50-year-olds report their present overall quality of life to be only "fair." In both groups about 3 percent report their overall quality of life to be "poor."

Product-moment correlation coefficients were calculated between present ratings of overall quality of life and the extent to which they reported their needs and wants were met in each of the 15 dimensions. The largest contribution to overall quality of life in all groups appears to be the extent to which needs and wants are met with respect to material comforts. For the 50-year-olds work is the second largest contributor and health is third. This order is reversed for the 70-year-olds. Spouse, active recreation, socializing, and learning are all important contributors to the overall quality of life of these four groups with the exception of spouse for the 70-year-old women. Of course, most of them do not have a husband.

A number of questions were asked regarding the adequacy of the incomes these people were receiving. Although the data certainly do not indicate a precise cut-off point, typical 70-year-olds report their incomes meet their needs when the total family income is as much as five or six thousand dollars.

Near the end of the interview there were a series of questions about past events and recent changes that had had important effects on their lives and a question as to what present change would make the biggest improvement in their quality of life. They reported that spouses, children, jobs, and health had resulted in major changes in their lives. Recent improvements in their quality of life were reported as resulting from getting more money, a good job, improved health, and understanding themselves better. The needs that they report would now make the biggest improvement in their quality of life are also more money, better health, and a better job. Other fairly frequently mentioned needs and wants include more opportunities for travel and other active recreation, better relations with husband or wife, and that their children be happily married.

Having a good education, being married and living with one's spouse, being white, and having a good income are all quite strongly associated with having a good quality of life.

The opportunities and values of doing a monadic analysis of these life histories to identify the critical factors in producing good and poor quality of life and explore the most effective ways of improving these lives are discussed and illustrated.

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Introduction

The purpose of the present survey and analytical studies is to provide a representative and adequate data base for planning programs and policies that will result in maximum improvement in the quality of life of older Americans at minimum costs to the taxpayer both now and in the future. A recent article by Dr. Robert B. Hudson (1979) discussed the consequences for old-age policy of actions already taken with respect to future commitments in the federal budget. Figures available from the U.S. Office of Management and Budget (1978) and the Social Security Administration (1976) indicate that the cost of the Old Age and Survivors Insurance portion of Social Security doubled between 1970 ($26 billion) and 1975 ($55 billion). Furthermore, the budget for this program is $87 billion for Fiscal Year 1979, with an anticipated rise to over $120 billion by 1983. Similarly, Medicare expenditures, which have risen from $3 billion in the program's first year to $17 billion in 1976, are budgeted at $29 billion for Fiscal Year 1979 and are projected to be $44 billion by 1983.

Looking at the longer term, it is noted that the number of older persons is expected to rise by eight million over the next 25 years. This increase of about one-third in the elderly population plus anticipated increases in the costs of housing, food, health care, and other services can be expected to result in a continuing escalation in both the amount and the portion of the taxpayer's dollars going into programs for the elderly. About half of the nearly $50 billion of public money spent on health care now goes to the needs of the elderly and both the amount and proportion can be expected to increase in the next decades.

It is clear that pressure from taxpayers will raise accountability questions with respect to expenditures for the aging. This insistence on accountability will require a better coordination of services through agencies at the community, state, and federal levels. The development of policies and programs to provide effective and efficient support and services to older people requires more information and understanding of the present problems, needs, and wants of this group than is presently available.

By focussing on an in-depth understanding of the situations and feelings of representative national samples of 50- and 70-year-olds this study is intended to help fill this need. The focus of federal programs in recent years on health and poverty has resulted in marked improvements in the condition of older persons. Further improvements in the general well-being of these individuals will be increasingly dependent on the ability of policy-makers to predict the results that can be expected from specific new programs and services.

General Approach

A study of previous projects in this area showed many conflicting findings. One of the principal factors producing these discrepancies appeared to be the selection of the samples of older persons to be studied. Therefore, obtaining a nationally representative sample was important. Since a similar study had just been completed on a national sample of 30-year-olds, it was proposed that nationally representative samples of 50- and 70-year-olds be obtained. This would provide for comparisons and contrasts of the three age groups.

To permit some analyses of special types of sub-samples, it was estimated that about 1,000 persons would be necessary at each age level. To keep the costs within reasonable bounds, it was decided to select a multi-stage cluster probability sample. Accordingly, primary sampling units were selected as block groups in the U.S. Census-defined Standard Metropolitan Statistical Areas (SMSA's) and as enumeration districts in the non-metropolitan areas. The block groups are defined by the U.S. Census Bureau to include about 1,000 persons and the enumeration districts in the less populated areas are defined to include about 250 housing units.

Using a stratified-random probability procedure, a total of 250 primary sampling units of these two types were selected. The final selection was done using sampling ratios that were proportional to the numbers of people about 50 and 70 years of age in each of the units. Two starting points for the interviewers were located within each of the selected primary sampling units using a randomizing procedure. Beginning at each of the 500 starting points, the interviewers were asked to proceed through the unit until they found a 50-year-old male, a 50-year-old female, a 70-year-old male and a 70-year-old female. For practical reasons persons were included who had reached their 48th or 68th birthday but not their 53rd or 73rd birthday. Further details on the sampling procedures are given in Appendix A.

The planning and evaluation of social policies, programs, and institutions require a comprehensive and valid measure of effectiveness. Many indicators of such variables as environmental quality, economic conditions, and social trends have been developed. Combinations of these are frequently proposed as indicators of the national welfare. From a psychological point of view, these are quite unsatisfactory as true indicators of the well-being of the people. How can we develop a valid criterion to use in measuring the quality of life of people in America? The answer appears to be to measure the quality of life of each person and combine these to obtain an overall estimate of the people's quality of life.

How do we determine the quality of life of each person? Clearly, the things that determine quality of life for specific individuals vary. The first requirement is to obtain a comprehensive set of dimensions or categories that includes all of the behaviors and experiences that have a significant effect on the quality of life of Americans. Various committees and investigators confronted with this problem have prepared lists of the things that seemed important to them. Of course, each of the lists differs in some respects depending on the experiences and impressions of those compiling them. (See Goals for Americans, 1960; the work of the Organization for Economic Cooperation and Development, 1973; Campbell, Converse, & Rodgers, 1976.)

One of the strengths of the proposed study lies in the use of an objective, empirically-developed set of 15 dimensions of quality of life as a framework for analysis (Flanagan & Russ-Eft, 1975). Definition of these dimensions was based on the reports of critical behaviors and experiences that individuals observed to be direct contributors, either positively or negatively, to their own quality of life. (The critical incident technique is described in detail in Flanagan, 1954.) The critical incidents were collected from a wide variety of people of all ages located in diverse kinds of communities all over the United States. Altogether, 6,571 critical incidents were collected from 2,834 people.

Various questions were used to collect these critical incidents. Among them were the following:

1. Think of the last time you did something very important to you or had an experience that was especially satisfying to you. What did you do or what happened that was so satisfying to you?

2. Think of a recent time you could NOT do something you very much wanted to do or could NOT have something you very much wanted to have.

3. Think of the biggest change in the quality of your life which has occurred in the past five years.

4. Think of a time you saw something happen to another person that really was harmful or made his/her life worse in some way.

The critical incidents resulting from questions of this type were sorted into categories of similar behaviors and experiences and, through a process of gradual refinement, a set of 15 categories was formulated. These were distributed among five major headings. The results are shown in Figure 1.

It should be emphasized that the categories represent a comprehensive formulation of direct observations of the things people did or experienced that made a difference in their quality of life. The definition of quality of life in terms of these 15 categories makes measurement and research in this area more comprehensive, objective, and feasible.

A previous study had used these 15 categories to obtain an estimate of the quality of life of one age group, 30-year-olds. For that study a sample was selected from Project TALENT (Flanagan, Dailey, Shaycoft, Gorham, Orr, & Goldberg, 1962). Project TALENT was initiated in 1960 with the testing of 400,000 secondary school students. The initial data collection involved the administration of tests and questionnaires over a two-day period. The students represented a stratified probability sample of high school students in the United States.

In 1975, follow-up interviews were collected from a sub-sample of 1,000 young adults who had been 15 years old when tested by Project TALENT in 1960. This age group was chosen because, at the time of the original testing, an effort was made in 10 percent of the public high school units to locate all 15-year-olds in the school district regardless of grade and including those out of school to obtain a complete age group (Shaycoft, Dailey, Orr, Neyman, & Sherman, 1963). Thus, it was possible to select a nationally representative

Figure 1

Components Comprising Quality of Life

PHYSICAL AND MATERIAL WELL-BEING

A. Material well-being and financial security

Having good food, home, possessions, comforts, and expectations of these for the future. Money and financial security are typically important factors. For most people filling these needs is primarily related to their efforts or those of their spouse.

B. Health and personal safety

Enjoying freedom from sickness, possessing physical and mental fitness, avoiding accidents and other health hazards. Problems related to alcohol, drugs, death, and aging are also included. Effective treatment of health problems is a large component.

RELATIONS WITH OTHER PEOPLE

C. Relations with spouse (girlfriend or boyfriend)

Being married or having a girlfriend or boyfriend. The relationship involves love, companionship, sexual satisfaction, understanding, communication, appreciation, devotion, and contentment.

D. Having and raising children

Having children and becoming a parent. This relationship involves watching their development, spending time with them and enjoying them. Also included are things like molding, guiding, helping, appreciating, and learning from them and with them.

E. Relations with parents, siblings, or other relatives

Having parents, siblings, or other relatives. In these relationships one experiences communicating with or doing things with them, visiting, enjoying, sharing, understanding, being helped by and helping them. The feeling of belonging and having someone to discuss things with is a large component.

F. Relations with friends

Having close friends. In these relationships one shares activities, interests and views. Important aspects of these relationships involve being accepted, visiting, giving and receiving help, love, trust, support, and guidance.

SOCIAL, COMMUNITY, AND CIVIC ACTIVITIES

G. Activities related to helping or encouraging other people

Helping or encouraging adults or children (other than relatives or close friends). This can be done through one's efforts as an individual or as a member of some organization, such as a church, club, or volunteer group, that works for the benefit of other people.

H. Activities relating to local and national governments

Keeping informed through the media; participating by voting and other communications; having and appreciating one's political, social, and religious freedom. One component of this includes having living conditions affected by regulation, laws, procedures, and policies of governing agencies and the individuals and groups that influence and operate them.

PERSONAL DEVELOPMENT AND FULFILLMENT

I. Intellectual development

Learning, attending school, acquiring desired knowledge and mental abilities, graduating, and problem solving. Other aspects involve improving understanding, comprehension or appreciation in an intellectual area through activities in or out of school.

J. Personal understanding and maturity

Developing and gaining orientation, purpose, and guiding principles for one's life. This may involve becoming more mature, gaining insight into and acceptance of one's assets and limitations, experiencing and awareness of personal growth and development, and realizing the ability to influence the course of one's life significantly. It also includes making decisions and planning life activities and roles. For some people, a major component arises from religious or spiritual experiences or activities.

K. Occupational role (job)

Having interesting, challenging, rewarding, worthwhile work in a job or home. This includes doing well, using one's abilities, learning and producing, obtaining recognition, and accomplishing on the job.

L. Creativity and personal expression

Showing ingenuity, originality, imagination in music, art, writing, handicrafts, drama, photography, practical or scientific matters or everyday activities. This also includes expressing oneself through a collection, a personal project, or an accomplishment or achievement.

RECREATION

M. Socializing

Entertaining at home or elsewhere, attending parties or other social gatherings, meeting new people, interacting with others. It may include participation in socializing organizations and clubs.

N. Passive and observational recreational activities

Participating in various kinds of passive recreation, such as watching television, listening to music, reading, going to the movies, and going to entertainment or sports events. It also involves appreciating the art and beauty in many aspects of life.

O. Active and participatory recreational activities

Participating in various kinds of active recreation, such as sports, hunting, fishing, boating, camping, vacation travel, and sightseeing, etc. This may also involve playing sedentary or active games, singing, playing an instrument, dancing, acting, etc.

sample of persons, who were 15 years old in 1960 and 30 years old in 1975 when interviewed, on whom a large amount of data were available. These data included interest, information, and ability scores at age 15; their home background and daily activities; and.plans for the future.

A three- to four-hour interview was conducted with each of the 1,000 30-year-olds. An important feature of the interview was to obtain the participant's judgment as to the importance to him/her of each of the 15 quality of life dimensions. Each participant also reported on the extent to which he/she was satisfied with his/her current status on these 15 aspects of life activities. In addition, the interviews gathered information on relationships with parents and siblings; health factors; subsequent school experiences; marital situation and children; occupational histories; material well-being; intellectual, personal and social development; and leisure activities and interests. Data from this study of the 30-year-old cohort will be shown in comparison with similar data being gathered on the 50- and 70-year-old cohorts.

The current project involved gathering intensive case studies of 2,000 individuals at two age levels, 50 and 70, to provide data for a comprehensive analysis of these people's quality of life. As previously mentioned such data can provide a valuable resource for use by responsible administrators and consultants in establishing policies and priorities with respect to the development of programs and services for aging Americans.

In particular, the current study of 50- and 70-year-olds parallels quite well the research and development needs of the Administration on Aging. As can be seen in Figure 2, the 15 quality of life dimensions provide an operational definition of the original 10 objectives of the Older Americans Act. Each of the 15 dimensions of quality of life finds its counterpart among the Ten Objectives Under Title I in the Older Americans Act. For example, material well-being and financial security, one of the quality of life dimensions, parallels the Older Americans Act's goals of "adequate income" and "suitable housing." Health and personal safety, a quality of life dimension, obviously encompasses "physical and mental health" and "restorative services for those who require institutional care," as well as several other objectives of the Older Americans Act. Similarly, personal understanding and maturity

Figure 2

An Operational Definition of the Ten Objectives on the Older American Act Using the Fifteen Dimensions of Quality of LIfe

The Ten Objectives Under Title 1 in the Older American Act	The Fifteen Dimensions of Quality of Life
1. An adequate income in retirement in accordance with the American standard of living.	Material well-being and financial security
2. The best possible physical and mental health which science can make available without regard to economic status.	Health and personal safety
3. Suitable housing, independently selected, designed and located with reference to special needs and available at costs which older citizens can afford.	Material well-being and financial scurity
4. Full restorative services for those who require institutional care.	Health and personal safety
5. Opportunity for employment with no discriminatory personnel practices because of age.	Occupational role
6. Retirement in health, honor, dignity, after years of contribution to the economy.	Health and personal safety Personal understanding and planning
7. Pursuit of meaningful activity within the widest range of civic, cultural, and recreational opportunities.	Activities related to helping or encouraging other people. Activities relating to local and national governments Intellectual development Creativity and personal expression Passive and observational recreational activities Active and participatory recreational activities
8. Efficient community services which provide social assistance in a coordinated manner and which are readily available when needed.	Activities relating to local and national government (All 15 dimensions of quality of life)
9. Immediate benefit from proven research knowledge which can sustain and improve health and happiness.	Health and personal safety (All 15 dimensions of quality of life)
10. Freedom, independence, and the free exercise of individual initiative in planning and managing their own lives.	Personal understanding and planning
	------------------------------------
	Relations with spouse
	Having and raising children
	Relations with parents, siblings or other relatives
	Relations with friends
	Socializing

corresponds to the goal of "free exercise of individual initiative." In addition, the 15 quality of life dimensions identify areas of importance that are not currently being considered under the Older Americans Act. As can be seen, these areas focus on the social and interpersonal relationship with other persons. Data from the Bild and Havighurst study (1976) indicated that these areas of social relationships were important in the lives of the elderly. Thus, the utilization of the 15 dimensions of quality of life will provide the Administration on Aging with information directly related to its programs and also on other areas of immediate concern to the elderly population.

The Interview Program

The development of the Interview Forms comprised one of the most important phases of the project. Answers to the questions in the interview were needed to produce a valid description of older adults and to provide information from the individuals themselves about their problems.

During the first weeks of the project, an intensive literature review in all aspects of aging took place. To provide suggestions for developing Interview Forms, planning the sample selection, and planning some of the later data analyses, a statement of issues in the field of aging was constructed using information gathered from this review of the literature.

In developing the interview, questions were worded as in the 30-year-old interview, wherever possible, so that comparisons could be made with those data. Questions were added to the interview, based on an examination of the issues statement and on recommendations of the Project Advisory Panel.

The interview was designed with five major sections: (1) Present Life Situation; (2) Life Situation at 30 Years of Age; (3) Life Situation at 50 Years of Age (for 70-Year-Olds only); (4) Summary; and (5) Interviewer Impressions. Within these major sections, subsections of the Interview Form used for the study of the 30-year-olds (such as Leisure Activities, Close Friends, Health, Economic Condition, Family Relationships) were arranged so that the interview proceeded from the least personal to the most personal.

Because it would be impractical in terms of time and money to send project staff to diverse locations in the country to conduct interviews, it was proposed to use local interviewers as in previous studies (see Flanagan & Russ-Eft, 1975; Wilson, Flanagan & Uhlaner, 1975). To provide these persons with some background information and with procedures to follow in contacting and interviewing participants, an Interviewer's Manual and other necessary materials were prepared by project staff.

Following specifications of the sampling plan, the AIR staff contacted and secured interviewers in each location. Some of the interviewers had participated in previous AIR projects (Flanagan & Russ-Eft, 1975; Wilson, et al., 1975). Others were contacted based on the recommendation of university professors, school superintendents, or heads of Area Agencies on Aging.

General Characteristics of the Samples

The general descriptors of the sample are presented in Table 1. It is clear that except for the 70-year-old women most of these 50- and 70-year-olds are married. About half of the 70-year-old women are widowed. The majority of the 50-year-olds live with a spouse and one or more children. Most of the 70-year-old men live with just a wife, but nearly half of the 70-year-old women live alone. The median number of living children is three for the 50-year-olds and two for the 70-year-olds.

A significant difference was observed in the amount of education received by 50-year-olds as compared with 70-year-olds. About 70 percent of the 50-year-olds obtained a high school diploma or equivalent as compared with about 45 percent of the 70-year-olds. Perhaps the most striking difference is that 34 percent of the 70-year-olds were "never in high school" as compared with 13 percent of the 50-year-olds. The percent of college graduates increased from 11 for 70-year-olds of both sexes to 23 for the men and 14 for the women among the 50-year-olds. Many 50-year-old men attended college on the GI Bill.

The median rating of current health for 50-year-olds is "very good" and for 70-year-olds is "good." Only 5 percent of the 50-year-olds and 6 percent of the 70-year-olds rate their health as "poor." Ratings of "fair" are reported about twice as frequently for the 70-year-olds (22 percent) as compared

Table 1

Current Life Situation of Four National Samples of 500 Each Including Males and Females at Ages 50 and 70 (in percentages)

	50 years		70 years		TOTAL	TOTAL
	male	female	male	female	50 years	70 years
CURRENT MARITAL STATUS						
Single	6	4	3	6	5	5
Married	83	74	78	34	79	56
Widowed	1	9	13	52	5	32
Separated	2	5	2	2	4	2
Annulled	0	0	0	0	0	0
Divorced	8	8	3	6	8	5
TYPE OF LIVING ARRANGEMENT						
Alone	10	10	16	49	10	32
With Spouse Without Child	23	26	68	30	24	49
With Spouse With Child	60	47	11	3	54	7
Without Spouse With Child	1	12	2	8	7	5
With Relative	4	3	2	8	3	5
With Friend	2	1	1	0	1	1
Boarder	1	0	0	0	0	0
Other	0	0	2	2	0	2
NUMBER OF LIVING CHILDREN						
0	12	8	22	20	10	21
1	10	11	17	21	11	19
2	22	25	25	23	24	24
3	24	21	18	15	23	16
4	12	17	8	8	14	8
5	8	7	3	4	8	4
6	5	5	3	4	5	4
7	4	4	1	1	4	1
8	1	1	0	1	1	1
9	0	0	1	0	0	0
10+	1	0	1	1	1	1

Table 1 (continued)

(in percentages)

	50 years male	50 years female	70 years male	70 years female	TOTAL 50 years	TOTAL 70 years
CURRENT LEVEL OF EDUCATION						
Never in High School	14	13	38	31	13	34
Did Not Graduate from High School	11	17	12	17	14	15
GED	5	2	2	1	3	1
High School Graduate	23	27	13	12	25	12
Vocational/Business without H.S. Diploma	3	2	6	5	3	6
Vocational/Business with H.S. Diploma	8	11	5	7	9	6
Some College	14	12	13	11	13	12
College Graduate	9	6	5	5	8	5
Some Masters Work	4	6	1	3	4	2
Masters Degree	5	3	4	2	4	3
Some Doctoral Work	1	0	0	1	1	0
Ph.D./Prof. Degree	4	1	1	0	2	1
Certificates	0	3	0	5	1	2
RATING OF CURRENT HEALTH						
Excellent	25	24	15	15	25	15
Very Good	32	30	25	27	31	26
Good	25	29	33	30	27	31
Fair	12	11	21	23	11	22
Poor	5	5	7	6	5	6
RACE						
White	85	84	85	88	84	86
Black	11	12	11	9	12	10
Other	5	4	4	3	4	4
COUNTRY OF BIRTH						
USA	95	94	88	90	94	89
Other	5	6	12	10	6	11

Table 1 (continued)

(in percentages)

	50 years		70 years		TOTAL	TOTAL
	male	female	male	female	50 years	70 years
			EMPLOYMENT STATUS			
Full-time Paid Employment	82	35	4	3	58	4
Part-time Paid Employment	2	18	13	9	10	11
Retired	8	13	82	55	10	68
Unemployed, Seeking Work	4	6	1	1	5	1
Student	1	0	0	0	0	0
Homemaker	0	26	0	32	13	16
Disabled	2	1	0	0	2	0
Other	1	0	0	0	0	0

with the 50-year-olds (11 percent).

Two other descriptive items are race and country of birth. About 12 percent of the 50-year-olds are black and another 4 percent are reported as "other." The remainder are white. There is a slight tendency for the proportion of non-whites to decrease for the 70-year-olds. This is probably due to the higher mortality rates of the non-whites at the older age levels. It should be noted that the proportions of blacks are very close to those reported in the 1970 census for the total United States population at these age levels. Six percent of the 50-year-old group members report that they were not born in the United States as compared with 11 percent for the 70-year-olds.

For the 50-year-olds, 82 percent of the men and 35 percent of the women are employed full-time. Very few men in this age group (2 percent), but 18 percent of the women, are employed part-time. For the 70-year-olds, the numbers employed full-time have decreased to 4 and 3 percent for the men and women, respectively, and the corresponding figures for those employed part-time are 13 and 9 percent.

Analysis of the Reports on the Quality of Life of the 30-, 50-, and 70-Year-Old Samples

The first observation about these reports is based on the series of analyses on the partial samples. These analyses suggest that the sample size is quite adequate to obtain a very useful description of these two national age-groups. This was convincingly demonstrated by the consistency of the reports obtained from successive analyses of 400, 800, 1,200, 1,600 and the full sample of 2,000 persons. Another important observation is the striking similarity of the results for the two sexes and the three age groups (including the comparable data from the national survey of 30-year-olds). There are, of course, a number of differences between both sex groups and age groups. However, the overall impression is one of similarity in the responses of the various sex and age groups regarding both the importance of contributors to their general well-being and their present status with respect to needs and wants.

Table 2 shows the reports of 30-, 50-, and 70-year-old males and females with regard to the importance of various factors to their quality of life. At these three ages, 95 to 98 percent of the males report that health is important or very important to their quality of life. For ages 30 and 50, more than 90 percent of the males give a similar importance to work. However, for the 70-year-old males, only 56 percent report that work is important or very important to their quality of life.

The other factors that 80 percent or more of the males in these combined age groups reported as important to their quality of life are spouse, children, material comforts, and understanding yourself. Eighty-seven percent of the 30-year-old males reported that learning was important or very important to their quality of life. Learning was reported as this important to the quality of life by only 68 percent of the 50-year-old and 52 percent of the 70-year-old males. One factor that shows a very substantial increase in the percent reporting it to be important or very important is participation in local or national government. The corresponding percentages for 30-, 50-, and 70-year-old males are 47, 63, and 67.

Although the reports for females show a number of similarities to those for the males, there are also quite a few differences. Like the males, nearly all females in the three age groups report that health is important or very important to their quality of life. The percentage of females for whom work is important or very important starts quite high at 89 for 30-year-olds but drops to 86 for 50-year-olds and 60 for 70-year-olds. A spouse is important or very important to the quality of life of 94 percent of 30-year-old females, but this percentage decreases to 81 for 50-year-olds and continues to decrease to 42 percent for 70-year-olds, as more and more of these women become widows. Children are reported as important or very important to 92 or 93 percent of the women in the first two age groups and 87 percent of the 70-year-olds. As compared with age 30, there is a tendency for women in the two higher age groups to report more frequently that material comforts is important or very important to their quality of life.

Understanding yourself is slightly more frequently reported as important or very important by the females than the males in all three age groups, with about 90 percent of each group of females giving it this importance. The

Table 2

Percentages of a Sample of 1000 30-year-olds, 1000 50-year-olds, and 1000 70-year-olds Reporting Each of the 15 Components as Important or Very Important to Their Quality of Life *

Component	Male			Female		
	30 yrs	50 yrs	70 yrs	30 yrs	50 yrs	70 yrs
PHYSICAL AND MATERIAL WELL-BEING						
A. Material comforts--things like a desirable home, good food, possessions, conveniences, an increasing income, and security for the future.	80	87	87	75	84	84
B. Health and personal safety--to be physically fit and vigorous, to be free from anxiety and distress, and to avoid bodily harm.	98	96	95	98	97	96
RELATIONS WITH OTHER PEOPLE						
C. Relationships with your parents, brothers, sisters, and other relatives--things like communicating, visiting, understanding, doing things, and helping and being helped by them.	68	64	62	83	76	79
D. Having and raising children--this involves being a parent and helping, teaching, and caring for your children.	84	84	82	93	92	87
E. Close relationship with a husband/wife/a person of the opposite sex.	90	91	84	94	81	42
F. Close friends--sharing activities, interests, and views; being accepted, visiting, giving and receiving help, love, trust, support, guidance.	71	77	75	79	81	89
SOCIAL, COMMUNITY, AND CIVIC ACTIVITIES						
G. Helping and encouraging others--this includes adults or children other than relatives or close friends. These can be your own efforts or efforts as a member of some church, club, or volunteer group.	60	72	67	71	77	81
H. Participation in activities relating to local and national government and public affairs.	47	63	67	42	59	59
PERSONAL DEVELOPMENT AND FULFILLMENT						
I. Learning, attending school, improving your understanding, or getting additional knowledge.	87	68	52	81	68	60
J. Understanding yourself and knowing your assets and limitations, knowing what life is all about and making decisions on major life activities. For some people, this includes religious or spiritual experiences. For others, it is an attitude toward life or a philosophy.	84	84	80	92	90	88
K. Work in a job or at home that was interesting, rewarding, worthwhile.	91	90	56	89	86	60
L. Expressing yourself in a creative manner in music, art, writing, photography, practical activities, or in leisure time activities.	48	42	39	53	56	58
RECREATION						
M. Socializing--meeting other people, doing things with them, and giving or attending parties.	48	47	55	53	50	63
N. Reading, listening to music, or observing sporting events or entertainment.	56	46	54	53	56	65
O. Participation in active recreation--such as sports, traveling and sightseeing, playing games or cards, singing, dancing, playing an instrument, acting, and other such activities.	59	55	50	50	53	52

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* "At this time in your life, how important to you is ____________________?"

pattern of decreasing numbers of females who report learning to be important at higher ages parallels the reports of the males fairly closely. Similarly, the pattern of increasing numbers of females reporting participation in local or national government as important at the higher ages is very similar to the males, except that the percentages for females are a little lower. Three factors for which the percentages at all ages are substantially higher for the women than for the men are relatives, close friends, and helping others. The difference in percentages of males and females reporting close friends to be important is especially large at age 70. This difference probably reflects the absence of spouses for these women and the substitution of friends as a source of companionship.

Table 3 presents for these three age groups the percentages reporting that their needs in these 15 areas are "moderately," "only slightly," or "not at all well met." The two factors that more than a third of both male and female 70-year-olds report as areas in which their needs for a good quality of life are not being well met are participation in local or national government and active recreation. A quarter or more of the combined group of 70-year-olds report that their needs are not well met in six additional areas. These include learning, relations with parents and relatives, expressing yourself, socializing, helping others, and material comforts.

Cross-tabulations for the male and female 50- and 70-year-old age groups comparing their ratings on "importance" and ratings on "needs met" for the 15 quality of life dimensions appear in Appendix B.

Table 4 gives the retrospective reports on the importance to their quality of life of these 15 factors at age 30 for the 50-year-olds and ages 30 and 50 for the 70-year-olds. An interesting observation is that, for about two-thirds of the factors, both the 50- and 70-year-olds' retrospective reports of importance agree fairly well with those of people now in the 30- and 50-year age groups. The major exceptions are as follows:

1. Both 50- and 70-year-olds report retrospectively that health was not as important to them in these earlier years as currently. Those individuals actually in the younger age groups report it to be important as frequently as those in older age groups.

2. Fewer 50-year-old men and many fewer 70-year-old men report children were important to them at age 30 as compared with

Table 3

Percentages of a Sample of 1000 30-year-olds, 1000 50-year-olds, and 1000 70-year-olds Reporting Each of the 15 Components of the Quality of Life as Moderately, Only Slightly or Not At All Well Met *

Component	Male			Female		
	30 yrs	50 yrs	70 yrs	30 yrs	50 yrs	70 yrs
PHYSICAL AND MATERIAL WELL-BEING						
A. Material comforts--things like a desirable home, good food, possessions, conveniences, an increasing income, and security for the future.	26	28	23	24	32	27
B. Health and personal safety--to be physically fit and vigorous, to be free from anxiety and distress, and to avoid bodily harm.	14	16	16	14	18	21
RELATIONS WITH OTHER PEOPLE						
C. Relationships with your parents, brothers, sisters, and other relatives--things like communicating, visiting, understanding, doing things, and helping and being helped by them.	19	29	29	19	29	32
D. Having and raising children--this involves being a parent and helping, teaching, and caring for your children.	20	16	18	17	13	16
E. Close relationship with a husband/wife/a person of the opposite sex.	16	18	14	19	28	31
F. Close friends--sharing activities, interests, and views; being accepted, visiting, giving and receiving help, love, trust, support, guidance.	19	19	18	18	21	23
SOCIAL, COMMUNITY, AND CIVIC ACTIVITIES						
G. Helping and encouraging others--this includes adults or children other than relatives or close friends. These can be your own efforts or efforts as a member of some church, club, or volunteer group.	39	28	28	38	27	27
H. Participation in activities relating to local and national government and public affairs.	46	40	37	46	39	40
PERSONAL DEVELOPMENT AND FULFILLMENT						
I. Learning, attending school, improving your understanding, or getting additional knowledge.	42	36	28	50	44	36
J. Understanding yourself and knowing your assets and limitations, knowing what life is all about and making decisions on major life activities. For some people, this includes religious or spiritual experiences. For others, it is an attitude toward life or a philosophy.	26	25	24	29	26	22
K. Work in a job or at home that was interesting, rewarding, worthwhile.	21	24	24	21	32	22
L. Expressing yourself in a creative manner in music, art, writing, photography, practical activities, or in leisure time activities.	40	32	27	43	32	31
RECREATION						
M. Socializing--meeting other people, doing things with them, and giving or attending parties.	27	26	26	26	30	28
N. Reading, listening to music, or observing sporting events or entertainment.	29	28	20	30	25	20
O. Participation in active recreation--such as sports, traveling and sightseeing, playing games or cards, singing, dancing, playing an instrument, acting, and other such activities.	36	40	34	37	41	37

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* For the 50- and 70-year-olds, the question read "How well are your needs and wants being met in this regard?" For the 30-year-olds, the question read "How satisfied are you with your status in this respect?"

Table 4

Percentages of 1000 50-year-old and 1000 70-year-old Participants Who Reported Each of the 15 Components of Quality of Life Was Important or Very Important at Age 50 and Retrospectively at Age 30 or at Age 70 and Retrospectively at Ages 30 and 50

15 Areas of Quality of Life	Males At 30 yrs (retrospect.)	 At 50 yrs (current)	Females At 30 yrs (retrospect.)	 At 50 yrs (current)
Material Comforts	80	87	79	84
Health and Personal Safety	77	96	80	97
Relationships with Relatives	72	64	76	76
Having and Raising Children	79	84	92	92
Close Relationship with Husband/Wife	89	91	88	81
Close Friends	78	77	80	81
Helping and Encouraging Others	59	72	60	77
Participation in Government and Public Affairs	37	63	36	59
Learning	58	68	45	68
Understanding Yourself	59	84	58	90
Work	89	90	70	86
Expressing Yourself	36	42	45	56
Socializing	61	47	61	50
Passive Recreation	45	46	48	56
Active Recreation	61	55	57	53

15 Areas of Quality of Life	Males At 30 yrs (retrospect.)	 At 50 yrs (retrospect.)	 At 70 yrs (current)	Females At 30 yrs (retrospect.)	 At 50 yrs (retrospect.)	 At 70 yrs (current)
Material Comforts	74	85	87	79	82	84
Health and Personal Safety	80	87	95	83	88	96
Relationships with Relatives	76	71	62	84	79	79
Having and Raising Children	63	74	82	83	71	87
Close Relationship with Husband/Wife	85	91	84	82	74	42
Close Friends	83	77	75	85	84	89
Helping and Encouraging Others	56	67	67	63	67	81
Participation in Government and Public Affairs	38	48	67	34	40	59
Learning	57	50	52	48	50	60
Understanding Yourself	58	74	80	64	76	88
Work	89	92	56	71	80	60
Expressing Yourself	32	34	39	45	48	58
Socializing	67	61	55	65	57	63
Passive Recreation	47	50	54	54	58	65
Active Recreation	59	52	50	54	49	52

the reports of the present cohort of 30-year-olds. For the 70-year-old women, the largest difference is between the retrospective reports on children at age 50 and the actual reports of the present 50-year-old cohort. Fewer of the older women report that children were important to them at that time.

3. For both the males and females in today's 30-year-old cohort, learning is reported as important by more than 80 percent. In their retrospective reports for age 30, the 50-, and 70-year-old males and females report it was important to less than 50 percent of them. It is interesting to note that both the 50- and 70-year-olds now report deficiencies in their learning and education second or third most frequently as a factor tending to make their quality of life poor.

4. A similar discrepancy between the reports of those now in the younger cohorts and the recollections of the older age groups was found for understanding yourself. The percent reporting this area to be important to their quality of life is much larger for those now in these age groups than indicated by the recollections of the older groups.

5. The other major discrepancy is between the present recollections of the 50- and 70-year-olds regarding the importance to them at age 30 of socializing. For both the men and women, the percent of today's 30-year-olds who report that this is important to them is less than the recollections of the 50- and 70-year-olds. The discrepancy is greater for the 70-year-olds.

Table 5 provides the basis for a similar comparison of retrospective reports with today's cohorts' reports of the factors for which needs are moderately, only slightly, or not at all well met. In this case also, the retrospective reports on most activities are similar to those given by persons now in these age cohorts. There are a few exceptions as noted below:

1. The percentage of both 50- and 70-year-olds of both sexes who retrospectively report that their needs were not well met at age 30 with respect to material comforts was around 50. This figure substantially exceeds the 25 percent of today's 30-year-olds who make such a report. This discrepancy could be ascribed to the Depression in the 1930's but this wouldn't explain the very large numbers of 50-year-olds reporting their needs not well met in the 1950's. It could

Table 5

Percentages of 1000 50-year-old and 1000 70-year-old Participants Who Reported that Their Needs Were Moderately, Only Slightly, or Not At All Well Met in Each of the 15 Components of Quality of Life Retrospectively for Age 30 and Currently at Age 50 or at Age 70 and Retrospectively for Ages 30 and 50

15 Areas of Quality of Life	Males		Females	
	At 30 yrs (retrospect.)	At 50 yrs (current)	At 30 yrs (retrospect.)	At 50 yrs (current)
Material Comforts	45	28	48	32
Health and Personal Safety	8	16	14	18
Relationships with Relatives	18	29	23	29
Having and Raising Children	20	16	17	13
Close Relationship with Husband/Wife	17	18	26	28
Close Friends	13	19	18	21
Helping and Encouraging Others	27	28	25	27
Participation in Government and Public Affairs	34	40	35	39
Learning	35	36	46	44
Understanding Yourself	30	25	36	26
Work	22	24	24	32
Expressing Yourself	34	32	40	32
Socializing	22	26	26	30
Passive Recreation	27	28	30	25
Active Recreation	29	40	38	41

15 Areas of Quality of Life	Males			Females		
	At 30 yrs (retrospect.)	At 50 yrs (retrospect.)	At 70 yrs (current)	At 30 yrs (retrospect.)	At 50 yrs (retrospect.)	At 70 yrs (current)
Material Comforts	50	29	23	57	35	27
Health and Personal Safety	11	10	16	16	15	21
Relationships with Relatives	20	24	29	20	24	32
Having and Raising Children	29	18	18	23	16	16
Close Relationship with Husband/Wife	17	12	14	24	24	31
Close Friends	12	13	18	16	16	23
Helping and Encouraging Others	26	22	28	27	24	27
Participation in Government and Public Affairs	35	30	37	39	28	40
Learning	42	31	28	46	36	36
Understanding Yourself	30	20	24	34	25	22
Work	28	13	24	24	16	22
Expressing Yourself	35	28	27	39	33	31
Socializing	26	20	26	29	27	28
Passive Recreation	32	23	20	34	24	20
Active Recreation	32	26	34	36	35	37

be due to the changing perspective on how well one is doing financially that comes with age or to the greater affluence of today's 30-year-olds, or a combination of both.

2. For 50-year-olds, substantially more males and females report their needs are only moderately well met or less in regards to work as compared with the retrospective reports for age 50 by 70-year-olds. Perhaps the 70-year-olds have forgotten the things they didn't like about their jobs they had when they were 50.

The results for retrospective reports on the extent to which these 50- and 70-year-olds' needs and wants were met at ages 30 and 50 are in much closer agreement with the reports of present 30- and 50-year-olds than are their reports on the degree of importance they gave to these areas at these ages. This is probably due to the greater objectivity involved in an assessment of needs being met as compared with assessing the relative importance of various areas.

Table 6 reports the results from the question, "Of these 15 areas affecting your quality of life, which three tend most to make it good?" Both the 50- and 70-year-olds most frequently mention children and spouse as areas contributing to a good quality of life. The one exception to this generalization is for 70-year-old females, most of whom no longer have a spouse. Even under these circumstances, the dimension of spouse is one of the more frequently mentioned areas by the women in this age group.

Four areas mentioned fairly frequently as tending to make their lives good by both male and female 50-year-olds are understanding yourself, close friends, helping others, and health. Material comforts and work are two areas frequently mentioned by 50-year-old males, but much less frequently mentioned by the females in this age group. Five areas that are mentioned very frequently by both 70-year-old males and females are helping others, close friends, health, material comforts, and passive recreation. Another area mentioned frequently by 70-year-old men is active recreation. These older women frequently mention relatives.

The extent of agreement among the current reports of the four groups--males and females at ages 50 and 70--is striking with only minor differences appearing. Trends are indicated in their retrospective reports of two items. In reporting on areas tending to make their life good, they mention under-

Table 6

Percentages Mentioning an Area as One of the Three Areas Tending to Make Their Quality of Life Good at 30 and at 50 (for 50-year-olds) or at 30, 50, and at 70 (for 70-year-olds) for 500 Males and 500 Females at Each Age Level

15 Areas of Quality of Life	Males		Females	
	At 30 yrs (retrospect.)	At 50 yrs (current)	At 30 yrs (retrospect.)	At 50 yrs (current)
Material Comforts	15	22	8	15
Health and Personal Safety	16	22	17	20
Relationships with Relatives	12	9	18	13
Having and Raising Children	37	37	64	51
Close Relationship with Husband/Wife	48	52	47	48
Close Friends	22	21	27	23
Helping and Encouraging Others	15	23	17	23
Participation in Government and Public Affairs	3	3	3	1
Learning	11	12	10	13
Understanding Yourself	9	19	10	25
Work	32	26	16	17
Expressing Yourself	8	11	8	16
Socializing	16	7	14	6
Passive Recreation	8	12	13	14
Active Recreation	31	21	16	11

15 Areas of Quality of Life	Males			Females		
	At 30 yrs (retrospect.)	At 50 yrs (retrospect.)	At 70 yrs (current)	At 30 yrs (retrospect.)	At 50 yrs (retrospect.)	At 70 yrs (current)
Material Comforts	13	22	27	11	21	19
Health and Personal Safety	21	22	22	18	19	27
Relationships with Relatives	14	10	12	23	22	23
Having and Raising Children	25	34	29	54	41	38
Close Relationship with Husband/Wife	37	49	44	40	36	23
Close Friends	27	20	22	30	30	35
Helping and Encouraging Others	17	18	25	18	25	34
Participation in Government and Public Affairs	6	4	5	1	2	2
Learning	10	6	8	8	7	8
Understanding Yourself	10	11	16	11	13	16
Work	34	32	16	22	22	11
Expressing Yourself	6	8	9	9	8	14
Socializing	17	11	9	16	13	11
Passive Recreation	7	10	22	10	13	25
Active Recreation	31	18	22	14	9	9

standing yourself less frequently for the earlier age levels. Also, they mention active recreation more frequently in the retrospective reports at age 30 as an area tending to make their life good. However, comparisons between the reports for current 50- and 70-year-olds do not support the view that the positive contribution of understanding yourself to quality of life increases with age and the contribution of active recreation decreases.

Table 7 reports the results from the parallel question, "Which three tend most to give you a poor quality of life?" For the 50- and 70-year-olds, there are three areas mentioned as tending to make their current quality of life poor by more than 21 percent of these age groups. These were material comforts, health and learning. For the 70-year-olds, active recreation is also mentioned by 20 percent. The only other area mentioned as frequently as these is participation in local or national government for 50-year-old women. The women mentioned material comforts and health more frequently than did the men as a source of poor quality of life at both age levels. These differences were somewhat larger at age 70. The principal differences in their estimates of the areas that tended to make their quality of life poor at age 30, as shown by their retrospective reports, compared with the other ages was the much more frequent mention of material comforts and the much less frequent mention of health. On the other hand, for these same areas the retrospective frequency of mentions by 70-year-olds for age 50 and the current frequency of mention by 50-year-olds were fairly similar with the exception of health for the male 70-year-olds. The 70-year-olds report less frequently that health tended to make their quality of life poor at age 50 than do present 50-year-olds.

Table 8 reports the ratings of overall quality of life currently and retrospectively for 50- and 70-year-olds. For 50-year-olds, 64 percent of the males and 57 percent of the females report their overall quality of life as "very good" or "excellent." Similarly, 12 percent of the males and 13 percent of the females report their overall quality of life as "fair" or "poor." The ratings of 70-year-olds indicate that 52 percent of the males and 51 percent of the females report their overall quality of life as "very good" or "excellent." For this group, 19 percent of the males and 18 percent of the females report their overall quality of life as "fair" or "poor."

Table 7

Percentages Mentioning an Area as One of the Three Areas Tending to Make Their Quality of Life Poor at 30 and at 50 (for 50-year-olds) or at 30, 50, and at 70 (for 70-year-olds) for 500 Males and 500 Females at Each Age Level

15 Areas of Quality of Life	Males At 30 yrs (retrospect.)	Males At 50 yrs (current)	Females At 30 yrs (retrospect.)	Females At 50 yrs (current)
Material Comforts	38	29	41	32
Health and Personal Safety	8	21	9	23
Relationships with Relatives	9	7	13	14
Having and Raising Children	9	7	9	7
Close Relationship with Husband/Wife	9	8	13	15
Close Friends	4	5	4	3
Helping and Encouraging Others	6	4	4	4
Participation in Government and Public Affairs	14	17	16	20
Learning	31	27	24	24
Understanding Yourself	17	9	15	8
Work	15	13	17	17
Expressing Yourself	17	17	13	14
Socializing	11	15	10	13
Passive Recreation	8	7	7	8
Active Recreation	7	16	14	15

15 Areas of Quality of Life	Males At 30 yrs (retrospect.)	Males At 50 yrs (retrospect.)	Males At 70 yrs (current)	Females At 30 yrs (retrospect.)	Females At 50 yrs (retrospect.)	Females At 70 yrs (current)
Material Comforts	43	25	26	49	31	33
Health and Personal Safety	5	13	26	9	20	31
Relationships with Relatives	8	11	9	7	10	8
Having and Raising Children	9	9	10	10	8	7
Close Relationship with Husband/Wife	8	6	7	11	17	16
Close Friends	3	3	5	2	4	5
Helping and Encouraging Others	4	5	5	3	3	3
Participation in Government and Public Affairs	16	15	17	14	13	17
Learning	31	27	24	24	21	21
Understanding Yourself	12	8	5	11	8	8
Work	15	11	13	12	11	12
Expressing Yourself	12	13	14	14	11	10
Socializing	9	12	13	10	10	10
Passive Recreation	8	8	7	5	3	3
Active Recreation	8	12	20	13	14	21

Table 8

Percentages Reporting Various Degrees of Overall Quality of Life Both Retrospectively at Age 30 and Currently for 50-year-olds and Retrospectively at Ages 30 and 50 and Currently for 70-year-olds

Overall Quality of Life	Males		Females	
	At 30 yrs (retrospective)	At 50 yrs (current)	At 30 yrs (retrospective)	At 50 yrs (current)
Excellent	22	24	16	22
Very Good	31	40	35	35
Good	32	24	37	29
Fair	11	9	9	10
Poor	4	3	3	3

Overall Quality of Life	Males			Females		
	At 30 yrs (retrospect.)	At 50 yrs (retrospect.)	At 70 yrs (current)	At 30 yrs (retrospect.)	At 50 yrs (retrospect.)	At 70 yrs (current)
Excellent	25	22	22	23	18	17
Very Good	28	38	30	29	35	34
Good	26	30	30	30	33	32
Fair	15	7	16	13	12	14
Poor	5	2	3	5	3	4

Comparing the retrospective ratings with the current ratings shows no significant trends in overall quality of life with age. However, as noted above, the current overall ratings of 50-year-olds are generally a little higher than those given by the 70-year-olds.

The first section of Table 9 reports a special analysis of the areas tending to make quality of life good for those 50- and 70-year-olds who report their overall quality of life to be "very good" or "excellent." These data tend to confirm the earlier findings in Table 6. The second section of Table 9 shows the mention of areas tending to make quality of life poor for participants who report their overall quality of life to be "fair" or "poor." While the numbers of cases falling in this subgroup are quite small, this analysis also tends to confirm the findings from the study of the total group, as shown in Table 7.

As another approach to estimating the contribution of each of the 15 dimensions to the present quality of life of the persons in these groups, product-moment correlation coefficients were calculated between these individuals' reports of their overall quality of life and their ratings of the extent to which their needs are met for each dimension. These ratings of how well their needs are met were weighted for each person on the basis of the importance they assigned to each dimension. The correlation coefficients and regression coefficients in terms of beta weights are shown in Table 10.

It is clear that for both age groups and both sexes the dominant contributor to their reports of present overall quality of life is material comforts. For the 50-year-old groups, work is the second largest contributor with health and personal safety in third place. This order is reversed for the 70-year-olds with health and personal safety second. For the 50-year-olds of both sexes and the 70-year-old men spouse is an important contributor to present overall quality of life. Active recreation is an important predictor for all four groups along with socializing and learning. Expressing yourself creatively is an important contributor, especially for the 70-year-old men. The same variables tend to make the largest contributions to the multiple correlation coefficients as shown by the beta weights in Table 10. This analysis was repeated for each of four groups after dividing them into married and living with spouse versus all others. The married 50- and 70-year-old men, the married 50-year-old women, and the unmarried 70-year-old women tended to show

Table 9

For Persons Whose Current Overall Quality of Life is Excellent or Very Good, Percent Mentioning One of the Three Areas Tending to Make Their Quality of Life Good

15 Areas of Quality of Life	Males		Females	
	50 years	70 years	50 years	70 years
Material Comforts	23	30	15	21
Health and Personal Safety	21	23	21	28
Relationships with Relatives	6	10	12	18
Having and Raising Children	43	31	54	39
Close Relationship with Husband/Wife	57	48	59	27
Close Friends	20	22	20	35
Helping and Encouraging Others	23	26	21	33
Participation in Government and Public Affairs	4	7	2	3
Learning	11	10	13	7
Understanding Yourself	19	15	25	17
Work	28	16	16	11
Expressing Yourself	11	9	15	13
Socializing	7	6	5	11
Passive Recreation	9	17	10	25
Active Recreation	18	23	12	9

For Persons Whose Current Overall Quality of Life is Fair or Poor, Percent Mentioning One of the Three Areas Tending to Make Their Quality of Life Poor

15 Areas of Quality of Life	Males		Females	
	50 years	70 years	50 years	70 years
Material Comforts	36	40	56	46
Health and Personal Safety	41	43	50	55
Relationships with Relatives	5	9	10	12
Having and Raising Children	5	12	4	1
Close Relationship with Husband/Wife	18	8	24	16
Close Friends	8	4	3	9
Helping and Encouraging Others	6	3	2	0
Participation in Government and Public Affairs	13	15	13	17
Learning	27	22	25	22
Understanding Yourself	5	2	7	5
Work	29	15	25	15
Expressing Yourself	18	10	9	14
Socializing	19	9	15	13
Passive Recreation	0	4	7	5
Active Recreation	19	21	13	27

Table 10

Product-Moment Correlations and Beta Weights Between Needs Met Ratings* and Overall Quality of Life Ratings for 1000 50-Year-Olds and 1000 70-Year-Olds

	50-Year-Olds				70-Year-Olds			
	Male		Female		Male		Female	
	r	β	r	β	r	β	r	β
1. Material Comforts	0.47	(.22)	0.54	(.29)	0.44	(.22)	0.36	(.20)
2. Health and Personal Safety	0.40	(.16)	0.41	(.14)	0.42	(.17)	0.34	(.15)
3. Relationships with Relatives	0.18	(-.01)	0.17	(.02)	0.23	(.04)	0.11	(-.05)
4. Having and Raising Children	0.29	(.09)	0.22	(.03)	0.22	(.01)	0.03	(-.07)
5. Close Relationship with Husband/Wife	0.31	(.09)	0.41	(.20)	0.30	(.12)	0.15	(.06)
6. Close Friends	0.27	(-.09)	0.23	(-.09)	0.31	(.03)	0.25	(.03)
7. Helping and Encouraging Others	0.19	(.002)	0.14	(.01)	0.23	(-.02)	0.23	(.03)
8. Participation in Government and Public Affairs	0.11	(-.06)	0.18	(-.001)	0.24	(.02)	0.15	(-.02)
9. Learning	0.27	(.03)	0.35	(.09)	0.33	(.08)	0.23	(-.02)
10. Understanding Yourself	0.31	(.09)	0.23	(.03)	0.27	(.04)	0.29	(.12)
11. Work	0.42	(.14)	0.49	(.22)	0.37	(.07)	0.30	(.09)
12. Expressing Yourself	0.28	(.07)	0.26	(.01)	0.37	(.08)	0.23	(.05)
13. Socializing	0.29	(.14)	0.29	(-.004)	0.31	(.07)	0.27	(.03)
14. Passive Recreation	0.25	(.07)	0.27	(.12)	0.13	(-.02)	0.20	(.06)
15. Active Recreation	0.31	(.07)	0.34	(.05)	0.36	(.09)	0.32	(.12)
MEAN	3.70		3.62		3.53		3.46	
STANDARD DEVIATION	1.03		1.04		1.08		1.04	
MULTIPLE CORRELATION COEFFICIENT	0.62		0.69		0.61		.52	

* Each individual's report on needs met is weighted by his/her report on importance for that particular dimension. The weights are: 11 for "not at all important," 12 for "only slightly important," 13 for "moderately important," 14 for "important," and 15 for "very important."

the same relations as for the total groups of which they were the larger part. The groups representing the smaller portions in each case showed quite a large amount of fluctuation primarily due to sampling variations. These analyses are given in Appendix C.

A number of special questions were asked such as, "Are your needs met by your present income?" Of the 70-year-old men, 67 percent said "yes" and 33 percent said "no." For the 70-year-old women, 66 percent said "yes" and 34 percent said "no." Breaking this down into groups in various ranges with respect to present annual family income revealed that half of the men had a family income of $8,000 or more. Of these, 91 percent said "yes" and 9 percent said "no." For the third of the group with incomes between $4,000 and $8,000, 55 percent said "yes" and 45 percent said "no." For the lowest sixth in family income, that is, below $4,000 per year, only 31 percent said "yes", indicating that their income meets their needs, and 69 percent said "no."

A similar analysis for the 70-year-old women showed a small tendency for them to be more satisfied at the lower income levels. Only a little more than a quarter of these women had annual family incomes of $8,000 or more. Like the men, 91 percent reported that this income met their needs. For the more than a third with incomes between $4,000 and $8,000, 63 percent said their income met their needs. More than a third also had incomes below $4,000 and 45 percent of this group indicated that their income met their needs.

Because a large number of these 70-year-old women were not married, these analyses were also carried out separately for the men and women married and living with a spouse as compared with the remaining groups. For all four groups having incomes of $8,000 or more, the results were closely similar, with 91 percent of each group reporting that their income met their needs.

For the women in the middle income range the results for the married-living-with-spouse group compared with the remainder were also very similar. Both were within a percentage point of the 63 percent found for the combined group. The 70-year-old men who were not married and living with a spouse in this middle income group reported their income met their needs somewhat more frequently, with about 68 percent saying "yes." Just a little more than 50 percent of the married men living with a spouse in the middle income group reported their incomes met their needs.

Somewhat surprisingly only small differences were found between the married-living-with-spouse group and the others for the groups having total incomes below $4,000 and these differences in both cases indicated that the married groups more frequently indicated their income met their needs. For the married men, 33 percent reported their incomes met their needs as compared with the 27 percent in the remaining group. More than 47 percent of the married women in this low income group said their incomes met their needs as compared with less than 45 percent of the remaining group. This tends to support the old saying that "two can live as cheaply as one."

To determine which needs are not met by the current family incomes of these groups, they were asked, "If your present income were increased by $100 per month, what would you do with it?" The responses of the 70-year-old men with incomes over $8,000 indicate that 41 percent would save the $100, 18 percent would use it to travel, 12 percent would spend it on consumer goods, 12 percent would use it to pay bills, 6 percent would spend it on family members, 5 percent on home improvements, 3 percent would give it to the needy, with smaller percentages going to various other items. The 70-year-old men with incomes between $4,000 and $8,000 indicated that 37 percent would use it to pay bills, 24 percent would save it, 11 percent would use it for consumer goods, 11 percent would spend it on travel, 10 percent would use it for home improvements, 3 percent would give it to the needy, and 2 percent would spend it on family. In the poorest group of 70-year-old men, those with incomes below $4,000 per year, more than half, 51 percent, would use it to pay bills, 14 percent would save it, 10 percent would use it for home improvements, 10 percent would spend it on travel, 8 percent would buy consumer goods, 4 percent would spend it on family, and 3 percent would give it to the needy.

The reports from the 70-year-old women tended to be similar. If their incomes were increased by $100 per month, 37 percent of those with incomes of $8,000 per year or more would save it, 20 percent would use it on travel, 17 percent would pay bills with it, 8 percent would give it to the needy, 6 percent would spend it on consumer goods, 6 percent would use it for home improvements, and 5 percent would spend it on family. The 70-year-old women with family incomes between $4,000 and $8,000 per year report that 31 percent would use the money to pay bills, 21 percent would save it, 17 percent would spend it on travel, 13 percent would spend it on home improvements, 7 percent would spend it on consumer goods, 7 percent would give it to the needy, and 3 percent would spend it on family.

Those 70-year-old women with incomes below $4,000 would use the extra $100 per month in very similar ways to the 70-year-old men. About 48 percent would use it to pay bills, 19 percent would save it, 11 percent would use it for home improvements, 10 percent would spend it on travel, 5 percent would buy consumer goods, 3 percent would give it to the needy, and 2 percent would spend it on family.

Matching Services to Needs

It is clear that the values and priorities of the elderly differ significantly from those of younger age groups. To identify the most important needs of these groups, a series of questions was asked near the end of the interview. These included, "What has made the biggest improvement in your quality of life in the last two or three years?"; "What change now would make the biggest improvement in your quality of life?"; "Has any event caused a rapid, dramatic, and lasting change in your life?"; and "What do you think were the periods of major change--the turning points in your life?" The responses to these questions were tabulated and as a second step they were classified in relation to the 15 quality of life components. Nearly all of the substantive responses could be so classified. In each case a small portion of the group responded "nothing" or "don't know." There were also a few responses such as "improved weather conditions" and "getting out of prison" that did not appear to fit into the set of 15 components. However, most of the responses did fit. When more than one response was given, as many as two additional responses were coded and included. Hardly anyone gave more than three responses.

Table 11 reports the classification of the answers to the first question, "What has made the biggest improvement in your quality of life in the last two or three years?" It is clear that for all four age and sex groups something related to material comforts was most frequently mentioned. Specifically, most

Table 11

Percentages of the Reports of 1000 50-year-olds and 1000 70-year-olds on "What has Made the Biggest Improvement in Your Quality of Life in the Past Two or Three Years?" Classified Under the Basic Areas of Quality of Life

Areas of Quality of Life	50 Years		70 Years	
	Males	Females	Males	Females
Material Comforts	37	33	24	22
Health and Personal Safety	6	5	14	9
Relationships with Relatives	2	3	1	2
Having and Raising Children	7	8	5	8
Close Relationship with Husband/Wife	9	7	7	3
Close Friends	1	3	4	7
Helping and Encouraging Others	0	1	3	2
Participation in Government and Public Affairs	0	0	1	0
Learning	1	3	0	0
Understanding Yourself	12	16	8	13
Work	21	16	22	16
Expressing Yourself	0	1	1	0
Socializing	1	2	3	9
Passive Recreation	0	0	2	1
Active Recreation	2	4	6	6

Table 12

Percentages of the Reports of 1000 50-year-olds and 1000-70-year-olds on "What Change Now Would Make the Biggest Improvement in Your Quality of Life?" Classified Under the Basic Areas of Quality of Life

Areas of Quality of Life	50 Years		70 Years	
	Males	Females	Males	Females
Material Comforts	42	35	43	38
Health and Personal Safety	11	11	25	28
Relationships with Relatives	1	1	0	2
Having and Raising Children	4	9	3	6
Close Relationship with Husband/Wife	5	8	5	5
Close Friends	1	1	1	2
Helping and Encouraging Others	0	1	1	0
Participation in Government and Public Affairs	1	0	1	0
Learning	2	4	1	1
Understanding Yourself	5	4	3	3
Work	23	21	8	5
Expressing Yourself	0	0	1	0
Socializing	0	0	1	1
Passive Recreation	0	1	0	0
Active Recreation	4	4	6	7

persons said they got some money. In all four groups the second most frequently mentioned cause for improvement related to their work. This usually referred to a change in the nature of their work or, for the 70-year-olds, retirement from work. The third most frequently mentioned item for all groups except the 70-year-old men (for whom it was fourth) was understanding yourself. This usually was reported as a religious experience or as new attitudes and insights regarding one's self that resulted in a changed orientation toward life. The 70-year-old men mentioned this a little more than half as frequently as the women and about two-thirds as frequently as the 50-year-old men. The 70-year-old men's third most frequently mentioned source of recent improvement in their lives was health. In most cases this referred to a specific treatment of a health problem that had been effective. Health was fourth most frequently mentioned as their biggest source of improvement by the 70-year-old women for the same reason.

For the 50-year-old groups spouse and children were mentioned fourth and fifth most frequently with health sixth and only a few mentions for the other nine components of quality of life. In mentioning spouse the reference was usually to good relations or, in a few cases, better relations. Mentions of children usually referred to their growing up and taking responsibility. In some cases the reference was to their getting married. The patterns for the 70-year-old men showed spouse and active recreation in fifth and sixth place followed by children in seventh. The 70-year-old women's pattern varied somewhat, probably due to the fact many do not have a spouse. They mentioned socializing fifth most frequently, children sixth, close friends seventh, and active recreation eighth. For both 70-year-old men and women active recreation usually referred to travel with some reporting new recreational facilities. References to socializing by the 70-year-old women usually referred to joining or becoming active in clubs and other organizations. In general, these findings based on reports of what actually made the biggest improvement in their quality of life in the past two or three years tend to support previous analyses that had a somewhat different perspective.

The question on the needed or desired change that would now make the biggest improvement in their quality of life tended to get somewhat similar answers. But, there were a few significant changes and several shifts in frequency of mention between the changes the group had recently received and the changes they wanted. As shown in Table 12, material comforts, usually referred to as more money, was mentioned even more frequently. Close to 40 percent of each group mentioned this as their greatest need. For the 50-year-olds the next most frequently mentioned need related to work. A desired change in their job situation was mentioned by more than 20 percent of these 50-year-old men and women. The frequencies were much smaller for the 70-year-olds but work was still among those most often mentioned, with 8 percent of the men and 5 percent of the women reporting this need. Eleven percent of each group of 50-year-olds mentioned the need for some type of improvement in their health. For the 70-year-olds more than 25 percent reported this need. For all groups improved relations with spouse was mentioned fairly frequently as was the desire to travel shown by the frequencies listed for active recreation. Improved relations with spouse was more frequently mentioned by the 50-year-olds and the opportunity to travel by the 70-year-olds. One of the most noticeable differences in the reports of what has happened recently to improve their lives and what they believe would improve their quality of life at present is the relatively infrequent mention of the need for better insight into one's self or a religious experience. This suggests such new attitudes and orientations are frequently not the results of a clearly perceived need.

The next question regarding an event causing a rapid, dramatic, and lasting change shifted the focus from the immediate past and present to a broader view of the individual's life. The results are shown in Table 13. The two types of events most frequently mentioned in reply to this question related to spouse and health. The events related to spouse at all ages were marriage, divorce, and death with the frequencies fairly evenly distributed in the reports of the 50-year-olds but referring predominantly to death for the 70-year-old women. The health related events usually referred to personal sickness, an operation, or an accident but, especially for the women, frequently referred to some other member of the family. Events concerning children were next most frequently mentioned and usually referred to their birth or death. There were fairly frequent mentions of work-related items. These were usually job changes for the 50-year-olds and retirement for the 70-year-olds. The other events mentioned were mostly death of a relative or a change in understanding yourself due to

Table 13

Percentages of the Reports of 1000 50-year-olds and 1000 70-year-olds on "Has Any Event Caused a Rapid, Dramatic, and Lasting Change in Your Life?" Classified Under the Basic Areas of Quality of Life

Areas of Quality of Life	50 Years		70 Years	
	Males	Females	Males	Females
Material Comforts	2	2	3	2
Health and Personal Safety	25	20	33	21
Relationships with Relatives	8	15	7	10
Having and Raising Children	12	20	10	13
Close Relationship with Husband/Wife	26	27	24	41
Close Friends	1	1	1	1
Helping and Encouraging Others	0	0	0	0
Participation in Government and Public Affairs	2	0	1	1
Learning	3	1	1	0
Understanding Yourself	6	7	5	3
Work	16	7	15	7
Active Recreation	0	0	0	0

Table 14

Percentages of the Reports of 1000 50-year-olds and 1000 70-year-olds on "What do You Think Were the Periods of Major Change--the Turning Points in Your Life?"

Areas of Quality of Life	50 Years		70 Years	
	Males	Females	Males	Females
Material Comforts	3	3	3	3
Health and Personal Safety	9	9	13	10
Relationships with Relatives	4	6	3	7
Having and Raising Children	14	29	13	21
Close Relationship with Husband/Wife	28	30	29	37
Close Friends	0	0	0	0
Helping and Encouraging Others	0	0	0	0
Participation in Government and Public Affairs	0	0	0	0
Learning	6	6	3	3
Understanding Yourself	7	6	7	3
Work	28	10	28	15
Active Recreation	0	0	0	0

a religious experience.

The final question of this series asked them to identify the turning points in their lives. The findings are summarized in Table 14. For all four groups the most frequent mentions referred to their marriage to their *spouses*. The other events most often mentioned by the men were related to *work*--job change for the 50-year-old men and retirement for the 70-year-old men. The women's second most frequently mentioned turning points related to their *children*--most often their births but quite frequently their leaving home. *Work* was the third most frequently mentioned by the women and *children* by the men in both age groups. The fourth most often mentioned turning point for all four groups related to *health*. This was usually personal sickness. Other turning points mentioned with some frequency related to *understanding yourself*, *relatives*, and *learning*. The turning points related to *learning* usually referred to a specific educational or training program.

A series of analyses was carried out to compare the reports of the present overall quality of life for persons with specific characteristics. These include level of education, marital status, race and income. Tables 15, 16, 17, and 18 show that for all four sex and age groups those with more education, those who are married, those who are white, and those with more income report their quality of life to be better than the comparison groups. More specifically, with respect to education, of the groups without a high school diploma (nearly 30 percent of 50-year-olds and more than 50 percent of 70-year-olds), between 39 percent and 46 percent said they have an overall quality of life that is excellent or very good, while between 23 percent and 32 percent reported that their overall quality of life is fair or poor. In contrast, of those with a college degree (about 20 percent of 50-year-olds and less than 15 percent of 70-year-olds), between 68 percent and 79 percent said they have an overall quality of life that is excellent or very good, while only 2 percent to 9 percent reported that their quality of life is fair or poor. Only one person with a college degree classified her quality of life as poor.

The comparisons of present overall quality of life based on marital status are reported in Table 16. Between 57 percent and 66 percent of those who are married and living with their spouse reported an excellent or very good quality of life compared with 32 percent to 48 percent of the others. Similarly, only

Table 15

Percentages Reporting Various Degrees of Overall Quality of Life According to Level of Education* Attained

50-Year-Olds

Overall Quality of Life	Males Level of Education *				Females Level of Education *			
	A	B	C	D	A	B	C	D
N	(141)	(138)	(106)	(114)	(157)	(142)	(114)	(86)
Excellent	14	24	22	37	13	25	27	26
Very Good	30	42	46	42	26	39	33	49
Good	32	23	22	18	29	32	32	23
Fair	16	9	8	4	24	3	7	2
Poor	7	2	3	0	8	2	1	0

70-Year-Olds

Overall Quality of Life	Males Level of Education *				Females Level of Education *			
	A	B	C	D	A	B	C	D
N	(281)	(70)	(89)	(58)	(265)	(64)	(92)	(78)
Excellent	17	14	34	33	17	8	13	27
Very Good	28	24	36	45	29	37	39	41
Good	33	41	20	14	31	47	33	23
Fair	19	19	8	9	18	5	13	8
Poor	4	1	2	0	5	3	2	1

* A = No High School Diploma (including elementary school and vocational or business school without HSD)

B = High School Diploma and/or GED

C = Some College (including vocational or business school with HSD)

D = College Graduate and More

Table 16

Percentages Reporting Various Degrees of Overall Quality of Life According to Marital Status*

50-Year-Olds

Overall Quality of Life	Males		Females	
	Married	Other	Married	Other
N	(415)	(84)	(370)	(129)
Excellent	25	15	25	12
Very Good	41	33	37	30
Good	24	24	30	27
Fair	8	18	5	26
Poor	2	10	2	5

70-Year-Olds

Overall Quality of Life	Males		Females	
	Married	Other	Married	Other
N	(386)	(112)	(169)	(330)
Excellent	25	11	20	15
Very Good	33	21	37	32
Good	27	38	32	32
Fair	12	26	9	16
Poor	3	4	3	4

* Other - Single, Widowed, Separated, Annulled, Divorced

Table 17

Percentages Reporting Various Degrees of Overall Quality of Life According to Race

50-Year-Olds

Overall Quality of Life	Males			Females		
	White	Black	Other	White	Black	Other
N	(421)	(53)	(23)	(418)	(62)	(19)
Excellent	24	21	17	25	8	0
Very Good	42	30	22	37	24	26
Good	24	19	30	29	29	37
Fair	7	21	22	7	31	11
Poor	2	9	9	1	8	26

70-Year-Olds

Overall Quality of Life	Males			Females		
	White	Black	Other	White	Black	Other
N	(422)	(56)	(19)	(435)	(46)	(16)
Excellent	23	16	10	17	13	19
Very Good	32	21	32	35	24	19
Good	29	39	21	32	28	44
Fair	15	14	21	13	26	6
Poor	1	9	16	3	9	12

7 percent to 15 percent of those in the married group reported an overall quality of life of fair or poor compared with 20 percent to 31 percent of those in the other group. The third of these comparisons is based on race. The white groups reported that 52 percent to 66 percent have an excellent or very good quality of life compared with 32 percent to 51 percent of the black groups. In the white groups, only 8 percent to 16 percent reported their overall quality of life is fair or poor compared with 23 percent to 39 percent for the black group.

The last of the four comparisons involves variations in income and is shown in Table 18. For the 50-year-olds it is quite clear that nearly all of those whose quality of life is fair or poor are to be found in the groups whose income is less than $12,000 per year. A large majority of those whose income is below $4,000 report their quality of life as fair or poor. None of the 50-year-old men or women whose family income is as much as $12,000 reports a quality of life that is poor. For both the 50-year-old men and women at this income level 71 percent report a quality of life that is either very good or excellent.

The incomes for 70-year-olds are much lower and it is clear that these older people have learned to get along with much less total family income. The men at this age level show a more definite trend for those with higher incomes to report a better quality of life and vice versa. The same trend exists for women, but it is weaker. Nearly half the 70-year-old women (44 percent) with incomes below $4,000 per year report that their quality of life is very good or excellent.

Table 18

Percentages Reporting Various Degrees of Overall Quality of Life According to Level of Income

50-Year-Olds

	Males				Females			
	Level of Income				Level of Income			
Overall Quality of Life	0-3,999	4,000-7,999	8,000-11,999	12,000-50,000+	0-3,999	4,000-7,999	8,000-11,999	12,000-50,000+
	N (26)	(33)	(39)	(348)	N (45)	(59)	(62)	(256)
Excellent	8	9	18	26	4	7	15	30
Very Good	0	33	23	45	11	25	39	41
Good	19	21	26	25	22	36	39	25
Fair	42	27	26	4	40	29	5	4
Poor	31	9	8	0	22	3	3	0

70-Year-Olds

	Males				Females			
	Level of Income				Level of Income			
Overall Quality of Life	0-3,999	4,000-7,999	8,000-11,999	12,000-50,000+	0-3,999	4,000-7,999	8,000-11,999	12,000-50,000+
	N (72)	(143)	(102)	(106)	N (143)	(149)	(67)	(46)
Excellent	14	17	20	36	10	17	16	28
Very Good	21	29	38	36	34	30	45	37
Good	32	33	30	21	36	38	28	22
Fair	25	19	10	8	15	12	7	13
Poor	8	2	2	0	5	3	3	0

A Preliminary Study of the Dynamics Determining the Quality of Life of 50 70-Year-Old Males

The foregoing statistical analyses are very useful in establishing trends and relations. However, experience has shown that such analyses frequently fail to identify and describe the dynamics which result in one person attaining an excellent quality of life at age 70 and another person a poor one. To accomplish this latter goal it is necessary to examine the dynamics of each person's life and identify for this one individual what was crucial in determining his status at age 70. The 3 to 5 hour interviews attempted to encapsulate the highlights and major factors in each person's development and present status. Of course, crucial points may have been omitted but the evidence suggests that in most cases the reports were sufficiently comprehensive to reveal a good approximation to the true dynamics.

To make these structured interviews more practically useful, the information in the 110 pages was abstracted in a standard order to provide a narrative report of the individual's life. These abstracts contained the answers to nearly all questions asked and in most cases, in verbatim form. They were typed directly from the booklets. They accomplished two objectives: first, they organized the material in a more logical developmental order, and second, they condensed the format to between seven and 12 typed pages.

As a pilot effort to get some impression of the types of findings that might be expected if abstracts were available on all 2,000 cases abstracts were prepared on 50 70-year-old males. These were selected to provide a reasonable representative sample. It was decided to concentrate on only one of the four cohorts of 500 cases each to provide a homogeneous sample of appreciable size.

A previous study of the quality of life of 30-year-olds had established the general value of this approach (cf. J.C. Flanagan ed. Perspectives on Improving Education: Project TALENT's Young Adults Look Back. New York: Praeger Publishers, 1978). It was found that competent professionals could agree quite well on the nature of the critical factors that had determined the person's present quality of life. A few of the abstracts are reproduced in Appendix E to illustrate the nature of these narrative accounts.

In this section of the report brief summaries of some abstracts are presented to illustrate how the critical determiners can vary from one person to another. In these summaries fictitious names will be used. The critical factors will be highlighted and much detail will be omitted. To illustrate the findings and potential of these data some of those not enjoying a very good quality of life at present and some who are have been selected.

The first example is a 69-year-old from the middle West now living in a West coast state whom we will call Ralph Saunders. Ralph's father was a farmer and his mother a housewife. He left school at the end of the 10th grade. After working in various jobs in service stations and in an oil company warehouse, he obtained a job as a policeman. He left this after eight years for a better paying job as a fireman on a railway locomotive. He was laid off from this job in 1947 after working there five years. During the next 18 years he worked as an expeditor for a contracting company. He retired from this job at age 60. His wife had a stroke and was unable to walk.

He was married at age 21 to a woman who was seven years older than he. They have five daughters--all of whom are married and live fairly close to them. Ralph now describes his quality of life at age 50 as "excellent." The things he reports made it especially good were his relationship with his wife, his children, and his health. He does report having to avoid heavy work at that time because he had had a heart attack a few years earlier and also an operation for a hernia.

His wife's stroke was the first big problem, but this was followed by hospitalization for a gall bladder operation, a second heart attack, a blood circulation problem in his legs, skin cancer, diabetes, hearing problems, and cataracts in his eyes. He now walks slowly with two canes. His wife cannot walk without assistance. He had to stop driving his car five years ago. He can't bowl, which used to be his major form of recreation. The family income from Social Security and Supplemental Security totalling $6,000 per year and the help from Medicare and Medicaid barely meet their needs. They are fortunate in having their daughters living close enough to come in and help. Their recreation is limited primarily to watching television. Ralph is one of the few people in the survey who describes his present quality of life as "poor." His companionship with his wife, his daughters, and television are the principal factors that tend to make it somewhat good, but these are overwhelmed by his and his wife's health problems, lack of any active recreation, and his limited financial resources.

In looking back at his life it is difficult to identify changes that could have been made to improve his present quality of life. Possibly more education would have helped. He has had to work hard and very long hours in many of his jobs. His heavy smoking and consumption of alcohol in his early years could have contributed to his health problems. He describes his health at age 50 as only "fair." Certainly, he could have benefitted substantially from a systematic health maintenance program. At the present time, in addition to improvements in our basic knowledge on health care, the service that would most improve his quality of life would be some part-time home health care assistance.

As an example of an individual who describes his present quality of life as only "fair," a summary of the data on a 68-year-old black farm laborer working in an Appalachian state is presented. Joseph Ramsey's father, a farm worker, was killed when Joe was six years old. Joe dropped out of school and left home at age 13 because he couldn't get along with his stepfather. He worked on farms until he was 22 years old. The Depression was so bad that farmers couldn't pay help, so Joe went North to another state and got a job mining coal. He was paid $0.54 a ton. About six years later the coal mine in which he was working collapsed and he lost his job.

He returned to his home state and went to work on a farm. He has continued working on this farm for 39 years and still works there part-time. Shortly after he came to work there, he got married and he and his wife had two daughters. He lives with his wife, one daughter, and two grandchildren in a house valued at $8,000. They've lived in the same house for 25 years. His wife inherited it from her mother. Their total family income is about $4,600. About $1,900 comes from Joe's social security and the other $2,700 he receives for working about 25 hours per week on the farm.

His wife has had neuritis and a heart problem since shortly after they were married. The daughter who lives with them had a nervous breakdown and was in an institution for awhile. She is still not "right in her mind" according to Joe. To add to the problems at home, Joe recently discovered that his grandson was buying and using hemp leaves as a drug. His wife's medical bills are substantial, but she is only 59 and not yet eligible for Medicare or Social Security.

Their house is too small for the five people living there now and has no running water. Joe wishes he had the money to build a bathroom in the house. Although Joe has had to quit doing heavy work on the farm, he enjoys his job there and is appreciative of the interest and support of the farm owner for whom he has worked many years. Joe had a heart attack three years ago and also has high blood pressure, liver trouble, and dental problems. He rates his present health as "poor," takes medication for his high blood pressure and heart trouble and does not like having to drive 15 miles to see his doctor. He used to be a very heavy drinker, beginning when he was working in the mines. After he returned to the farm he made his own "moonshine." Since the operation on his liver he has quit drinking.

Joe never learned to read very well and very much enjoys watching television. He also appreciates the money he gets from Social Security, although it doesn't come close to meeting his needs. Many types of services would be helpful to Joe and his family. Some type of loan or financial service that would enable him to install running water and indoor plumbing would be a big help. Also, some mental health help for his daughter and recognition of his wife's incapacity and giving financial assistance before she reaches age 62 would be very useful. Counseling or rehabilitation services for his grandson's drug problem represent still another opportunity for improving his quality of life.

What would have helped Joe earlier? Many things are obvious. The coal mining experience appears to have been a big negative factor. He now feels his marriage was a mistake and clearly had few opportunities for developing a good relationship with girls during his youth and early adulthood. He also clearly needed help in health maintenance.

The third and last of the summaries to be presented illustrating a "poor" or "fair" quality of life is the story of James Collins. Jim had more education than the previous two individuals. He graduated from high school and also took a six month course in a business school. He held a variety of jobs, including salesman, truck driver, auto assembly worker, and supervisor in an airplane factory prior to being laid off from the latter job at the end of World War II. After some effort he gave up trying to find a job because he said at age 40, no one would hire him at that time.

Therefore, in 1945 he started his own grocery store in a midwest metropolitan area. He maintained this store for 30 years, commuting from his home across the state line in the suburbs. In 1975 at age 70 he retired because of the danger of urban crime near his store. At age 50 he was married for the second time. He says he divorced his first wife because of her infidelity. He has no children but his second wife had three grown sons at the time they were married. She is three years younger than he and worked 20 years in the auto industry.

Their total family income includes $2,400 from Jim's Social Security and $4,800 from his wife's United Auto Workers pension. Jim feels that this income does not meet their needs and he would like another $200 per month. Jim would very much like to work but his wife has been seriously ill for some months and he has had to take over all of the cleaning and cooking. His wife was scheduled to go to the hospital for surgery two weeks after the interview. He spends his days fixing things up around his home which he inherited from his mother and watching television with his wife.

Jim rates his present health as excellent. He has had two hernia operations, some kidney trouble, and has been bothered by some allergies. He smokes both cigarettes and cigars but almost never drinks alcoholic beverages. His chief types of active recreation are fishing and travel. These have been seriously curtailed recently by his wife's illness. Another activity that kept his quality of life from being worse in recent years was his election to the position of Warden in the local Odd Fellows Lodge. He attends meetings at the Lodge twice a month.

The things which have tended to give him a poor quality of life in recent months are his having to take over the household chores and the health care of his wife. This has been very confining and he has grown very weary of working around the house all the time and watching television.

Probably the service that would improve Jim's quality of life the most at the present time would be home health care that would free him from having to provide almost constant attention to his wife. It appears that his quality of life has been going steadily downhill since his young adult years. Perhaps partly because of the Depression, Jim doesn't seem to have developed any long range career plans, but drifted from one job to another until he set up his grocery store at age 40. His first marriage appears to have been a mistake. He seems to have enjoyed his 30 years as a grocery store proprietor, but working long hours seven days a week interfered with developing other interests and types of activities that might be helpful to him at this time in his life.

As the first illustration of an individual who has attained a quality of life he describes as "excellent," a summary of the life of Marvin Ford is presented. Marvin was retired from his job as locomotive engineer at age 66 in accordance with company policy. Marvin's father worked in a saddleshop in a Southcentral state. After completing the sixth grade Marvin went to work doing odd jobs at $1 a day. He became quite proficient at painting and carpentry and continued as a self-employed contractor in these fields for 23 years. At age 34 he decided he wished to become a railroad engineer and spent two years taking a self-study course in his spare time.

In November,1942 he obtained a position with the railroad which he kept until retirement 30 years later. He chose this position because of the steady work and good pay. The total present family income is reported as $12,000 per year. This comes from railroad retirement pay and investments. They also own their own home. He indicates their present income meets their needs.

Marvin first married when he was 18 years old. They had one son who is now 51 years old. They were divorced after seven years of marriage. He reports his wife had a drinking problem. A year later he married his present wife who was 21 at the time. They have two sons and a daughter. All four children are married, have excellent jobs, and between one and four children. His three children by his present wife all have college degrees.

Marvin has spent his time since he retired going fishing, fixing the house, maintaining the yard, building a table, some hobby equipment, and a model train system. He is active in church and also in four types of groups concerned with senior citizens and the problems of the elderly.

Marvin reports his health is "good." He mentions arthritis, high blood pressure and vision problems as physical ailments. He has some problems with his dental plates. He reports he smokes about half a pack of cigarettes a day. He has smoked about this much since he was young. He has never been a user of alcoholic beverages.

The things that are most satisfying to Marvin now are his ability to contribute to church and senior citizens' programs and his excellent relation with his wife and his pride in his children and grandchildren. He hopes to have more time for going fishing in the future.

Marvin represents an interesting contrast to some of those whose lives have not been as satisfying as his. With only a sixth grade education he learned various trades primarily on his own and then carefully prepared for and got a steady, well-paying job that he enjoyed doing. Although his first marriage at age 18 appears to have been a mistake, his second wife appears to have been an ideal partner. He has worked hard and still keeps quite busy but he has not allowed other activities to interfere with learning the things he wanted to learn.

It appears likely that had he had the opportunity to obtain more schooling, he might have achieved much greater financial success. He has managed to be very successful with the things of most importance to him.

The second illustration of an individual who reports that he is now having an excellent quality of life is Jack Mortensen. Jack, who is now 72, was required to retire at age 65 from his job as a nickel plater for a manufacturing company in a mid-atlantic state. He had worked for this company for 19 years and worked in a coal mine for 29 years before that, until the mine closed down. He left school at the end of the eighth grade to go to work. His total family income is about $10,900--with $3,600 from Social Security, $4,600 from two pensions (one from the mine and one from the manufacturing company), and $2,700 as a special black lung compensation pension for work in the mine.

Jack describes his health as excellent. His one problem is high blood pressure. He has never smoked or drunk alcoholic beverages. He has been married for 28 years and his wife is now 57 years old. They have no children. His wife has had some internal health problems and a nervous condition since before they were married. When he was 50 years old they went out with her parents three times a week.

Jack enjoys the outdoors and spends quite a bit of time hunting and fishing. He also likes to entertain the neighborhood children. He is active in the Sportsmen's Club and does many odd jobs as favors to the neighbors, such as cutting wood, painting, and putting up awnings. He reads a number of magazines, mostly about hunting and fishing. He watches only a few programs on television, such as Wild Kingdom, and listens to news and music on the radio. He also enjoys photography and has many collections of pictures he likes to show.

Jack's one problem which he appears to have reduced to some extent in recent years is his wife's negative attitude and maladjustment. He appears to compensate by spending a substantial amount of time away from home. However, he does say that the biggest improvement in his quality of life would be to be single again. It isn't at all clear why he waited until age 44 to get married. His parents were living with him in a house owned by the coal company for which he was working when he was 30. He was one of 12 children. He emphasizes his feelings about his marriage by indicating that being single again would provide a 100 percent improvement in his quality of life.

Looking back over his life, it appears that Jack is the kind of person who is very outgoing and enjoys helping other people. The fact that he is enjoying life in spite of his wife's negative attitudes and behavior indicates his strong desire to make the best of life. Although he has worked very hard, he is healthy and able to enjoy his retirement. His multiple pensions provide a comfortable living and permit him to do the things he enjoys doing.

The third example of an excellent quality of life is Neil Masterson, a 72-year-old man who retired seven years ago as the Director of a mental health office for one of the state governments. His education included an M.D. degree and a psychiatric residency which he completed in 1932 at the age of 27. Prior to taking his last position he had spent most of his career as an administrator in various mental hospitals. He was married in 1930. His wife was two years younger than he. They had two children. Their son, now 44, is the administrator in a community health center. He has three children. Neil's daughter is a housewife with four children.

Neil stayed at the mental hospital where he took his internship and residency training and left there 30 years later as Assistant Superintendent. He then accepted a job directing a state mental health office in a midwestern state. He left there because of lack of support for his program from the governor and moved to a position heading research and training at a mental health hospital. After only a short time he went to the state position from which he retired.

Neil's wife of 47 years died in 1977 and he married a 60-year-old woman in 1978. Although he was very happy in his first marriage, he is most enthusiastic about his second marriage. He does not state what his income is, but it is clear that various pensions from federal and state governments plus investments provide him a very comfortable living. He and his new wife travel a lot. He is active in professional organizations, keeps up with new developments in his field, makes frequent speeches, is active in community and church affairs, his golf club, and has a busy social life. Neil and his wife also have been doing quite a bit of foreign travel.

Neil describes his present health as "very good." He has never smoked and drinks alcoholic beverages only moderately. He was hospitalized for a week four years ago with an overactive thyroid and says he needs to watch what he eats. He also takes regular medications for some allergies he has.

Neil says he is in a "giving time of life" and appears to be enjoying many types of volunteer activities. It is difficult to identify changes in his life that would improve his present quality of life. He made an early choice of his career and has worked hard at it and been very successful. His good fortune in finding such a congenial second wife seems to be the frosting on his cake.

It is clear that the developmental dynamics of each life are different. In some instances the addition of specific programs and services for the elderly has or would have a major effect on the individual's quality of life. In others, earlier changes would have resulted in important improvements. As shown in the previous study on 30-year-olds, it is essential to examine each life carefully and identify the changes that would have had a major effect in improving the individual's quality of life.

This type of study which has been called monadic analysis aggregates the critical factors as identified for each individual over the total nationally representative sample to derive the critical changes that will produce the greatest improvement in the quality of life of these age cohorts.

Two examples of the types of findings revealed by monadic analysis that were not shown by the more conventional approaches based on the statistical analyses of descriptive data on the 1,000 individuals are given. First, many of the students in the schools were frequently asked to learn using materials they couldn't understand because of the reading difficulty or alternatively required to spend substantial time on materials they already knew. This clearly pointed to the need for individualizing instructional programs. Second, only a very few students were given effective assistance in career planning. Looking at the life histories one at a time indicated that for the large majority of these young people, these factors had been critical in producing developmental problems.

Another example is the obvious value of monadic analysis in studying the effects of becoming a widower in the illustrations given above for male 70-year-olds.

It is hoped that funds can be obtained to complete the monadic analyses of the lives of these 2,000 50- and 70-year-olds.

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APPENDIX A

A Listing of Strata Used in the Sampling Selection

Strata 1-6. SMSA central cities having populations over 1,000,000.

1. New York   2. Philadelphia   3. Chicago   4. Detroit   5. Houston   6. Los Angeles

Strata 7-10. Central cities of other SMSAs for which the SMSA population is over 1,000,000 (excluding cities in the first six strata).

Census Bureau Region	State*	Number of other SMSAs over 1,000,000 **
7. NORTHEAST	Maine	-
	New Hampshire	-
9 states	Vermont	-
	Massachusetts	1
	Rhode Island	-
	Connecticut	-
	New York	1
	New Jersey	2
	Pennsylvania	1
8. NORTHCENTRAL	Ohio	2
	Indiana	1
12 states	Illinois	-
	Michigan	-
	Wisconsin	1
	Minnesota	1
	Iowa	-
	Missouri	2
	North Dakota	-
	South Dakota	-
	Nebraska	-
	Kansas	-
9. SOUTH	Delaware	-
	Maryland	1
16 states + District of Columbia .	District of Columbia	1
	Virginia	-
	West Virginia	-
	North Carolina	-
	South Carolina	-
	Georgia	1
	Florida	2
	Kentucky	-
	Tennessee	-
	Alabama	-
	Mississippi	-
	Arkansas	-
	Louisiana	1
	Oklahoma	-
	Texas	1
	Montana	-
10. WEST	Idaho	-
13 states	Wyoming	-
	Colorado	1
	New Mexico	-
	Arizona	-
	Utah	-
	Nevada	-
	Washington	1
	Oregon	1
	California	5
	Alaska	-
	Hawaii	-

Strata 11-20. All 9 Census Bureau regions, with central cities of the above SMSAs excluded, and with Florida treated as a separate stratum.

Census Bureau Region	Number of states	State *
11. New England	6	Maine
		New Hampshire
		Vermont
		Massachusetts
		Rhode Island
		Connecticut
12. Middle Atlantic	3	New York
		New Jersey
		Pennsylvania
13. East North Central	5	Ohio
		Indiana
		Illinois
		Michigan
		Wisconsin
14. West North Central	7	Minnesota
		Iowa
		Missouri
		North Dakota
		South Dakota
		Nebraska
		Kansas
15. South Atlantic	7+D.C.	Delaware
		Maryland
		District of Columbia
		Virginia
		West Virginia
		North Carolina
		South Carolina
		Georgia
16. East South Central	4	Kentucky
		Tennessee
		Alabama
		Mississippi
17. West South Central	4	Arkansas
		Louisiana
		Oklahoma
		Texas
18. Mountain	8	Montana
		Idaho
		Wyoming
		Colorado
		New Mexico
		Arizona
		Utah
		Nevada
19. Pacific	5	Washington
		Oregon
		California
		Alaska
		Hawaii
20. Florida	1	Florida

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* The District of Columbia is treated as a state.
** U. S. Census, 1970

APPENDIX A
(continued)

Location of Participants in the 20 Sample Strata

		50 Years		70 Years		TOTAL	
		Male	Female	Male	Female	50 Years	70 Years
1.	New York City SMSA	22	22	22	22	44	44
2.	Philadelphia SMSA	10	12	12	12	22	24
3.	Chicago SMSA	14	15	16	16	29	32
4.	Detroit SMSA	12	12	12	12	24	24
5.	Houston SMSA	2	4	4	4	6	8
6.	Los Angeles SMSA	14	15	16	16	29	32
7.	Other City SMSAs* in Northeastern States	24	24	24	24	48	48
8.	Other City SMSAs* in Northcentral States	28	28	28	28	56	56
9.	Other City SMSAs* in Southern States	26	26	26	26	52	52
10.	Other City SMSAs* in Western States	26	26	26	26	52	52
11.	Remainder of New England States	19	20	19	20	39	39
12.	Remainder of Middle Atlantic States	40	40	40	41	80	81
13.	Remainder of East North Central States	58	58	58	58	116	116
14.	Remainder of West North Central States	32	32	32	32	64	64
15.	Remainder of South Atlantic States	42	43	43	42	85	85
16.	Remainder of East South Central States	31	32	32	31	63	63
17.	Remainder of West South Central States	36	36	36	36	72	72
18.	Remainder of Mountain States	16	16	16	16	32	32
19.	Remainder of Pacific States	22	22	22	22	44	44
20.	Remainder of Florida	12	12	12	12	24	24
21.	Omitted	14	5	4	4	19	8
	TOTAL	500	500	500	500	1000	1000

* Including only the SMSAs with populations over 1,000,000

APPENDIX B

Cross-tabulation for 500 50-year-old Men of Ratings on Importance and Ratings on Needs Met for the 15 Quality of Life Dimensions

Rows:	Columns:
Very Well = VW	Very Important = VI
Well = W	Important = I
Moderately Well = MW	Moderately Important = MI
Only Slightly Well = OSW	Only Slightly Important = OSI
Not At All Well = NAW	Not At All Important = NAI
No Response = NR	No Response = NR

Material Well-Being

	VI	I	MI	OSI	NAI	NR	TOT
VW	126	50	28	7	4		215
W	72	64	6	2	2		146
MW	55	27	9	2	2		95
OSW	15	7	2	1			25
NAW	15	2					17
NR	1				1		2
TOT	284	150	45	12	9		500

Close Friends

	VI	I	MI	OSI	NAI	NR	TOT
VW	154	50	20	13	6		243
W	42	67	29	11	4		153
MW	16	21	18	5			60
OSW	6	6	3	4			19
NAW	6	6	1				13
NR	5	4		1	1	1	12
TOT	229	154	71	34	11	1	500

Job

	VI	I	MI	OSI	NAI	NR	TOT
VW	189	37	6	2	4	1	239
W	58	59	11	4	1		133
MW	32	22	5	1			60
OSW	17	3	3	3	1		27
NAW	22	6			5		33
NR	2	2			1	3	8
TOT	320	129	25	10	12	4	500

Health

	VI	I	MI	OSI	NAI	NR	TOT
VW	232	34	3	2	2	1	274
W	93	43	4	1	1		142
MW	38	11	4	1			54
OSW	11	2					13
NAW	12	2		1			15
NR	2						2
TOT	388	92	11	5	3	1	500

Helping Others

	VI	I	MI	OSI	NAI	NR	TOT
VW	129	36	11	10	23		209
W	42	63	23	10	8	1	147
MW	43	21	16	4	3		87
OSW	10	11	8	7			36
NAW	4	2	1	2	6		15
NR					6		6
TOT	228	133	59	33	46	1	500

Creativity

	VI	I	MI	OSI	NAI	NR	TOT
VW	63	23	16	33	42		177
W	25	36	31	35	28		155
MW	27	12	30	19	4		92
OSW	6	10	7	8	4		35
NAW	5	2	6	3	14		30
NR	1				9	1	11
TOT	127	83	90	98	101	1	500

Parents and Siblings

	VI	I	MI	OSI	NAI	NR	TOT
VW	119	27	35	16	13	1	211
W	37	54	25	11	4	1	132
MW	27	26	24	6	4		87
OSW	9	6	13	8	1		37
NAW	3	3	3	1	6	1	17
NR		1	2		2	11	16
TOT	195	117	102	42	30	14	500

Government

	VI	I	MI	OSI	NAI	NR	TOT
VW	73	27	11	16	20		147
W	27	56	31	20	14		148
MW	41	25	13	8	1		88
OSW	21	19	9	10	2		61
NAW	17	6	6	3	11		43
NR		1	1	4	6	1	13
TOT	179	134	71	61	54	1	500

Socializing

	VI	I	MI	OSI	NAI	NR	TOT
VW	70	35	36	36	23		200
W	16	51	53	32	10		162
MW	15	31	34	8	4		92
OSW	3	5	4	9	3		24
NAW	4	2	1	3	3		13
NR	1	1	3		4		9
TOT	109	125	131	88	47		500

Children

	VI	I	MI	OSI	NAI	NR	TOT
VW	240	37	6	2	17	2	304
W	45	41	10	1	2		99
MW	13	10	10	1	3		37
OSW	3	3	1				7
NAW	9	5	4	6	6		30
NR	1			1	7	14	23
TOT	311	96	31	11	35	16	500

Intellectual Development

	VI	I	MI	OSI	NAI	NR	TOT
VW	93	30	14	12	12		161
W	40	55	28	21	12		156
MW	36	41	19	5	9		110
OSW	16	14	2	4	2		38
NAW	11	5		3	10		29
NR					6		6
TOT	196	145	63	45	51		500

Passive Recreation

	VI	I	MI	OSI	NAI	NR	TOT
VW	60	43	64	35	6	1	209
W	17	48	58	23	4		150
MW	18	25	42	17	3		105
OSW	7	4	8	4			23
NAW	2	3		3	1		9
NR		1		2	1		4
TOT	104	124	172	84	15	1	500

Spouse

	VI	I	MI	OSI	NAI	NR	TOT
VW	251	23	9	4	3	2	292
W	56	46	3	2			107
MW	24	11	6	3			44
OSW	9	7	4	1			21
NAW	8	6	2		4		20
NR	4	1		2	3	6	16
TOT	352	94	24	12	10	8	500

Understanding Self

	VI	I	MI	OSI	NAI	NR	TOT
VW	141	26	6	8	5		186
W	80	77	16	5	4		182
MW	45	27	15	3			90
OSW	8	7	5	4			24
NAW	3	1	1	2	2		9
NR	3	2			2	2	9
TOT	280	140	43	22	13	2	500

Active Recreation

	VI	I	MI	OSI	NAI	NR	TOT
VW	70	39	28	13	16		166
W	20	49	34	24	5		132
MW	27	32	45	12	8		124
OSW	17	11	15	10	1		54
NAW	4	7	2	1	5		19
NR		1		1	3		5
TOT	138	139	124	61	38		500

APPENDIX B

Cross-tabulation for 500 50-year-old Women of Ratings on Importance and Ratings on Needs Met for the 15 Quality of Life Dimensions

Rows:
Very Well = VW
Well = W
Moderately Well = MW
Only Slightly Well = OSW
Not At All Well = NAW
No Response = NR

Columns:
Very Important = VI
Important = I
Moderately Important = MI
Only Slightly Important = OSI
Not At All Important = NAI
No Response = NR

Material Well-Being

	VI	I	MI	OSI	NAI	NR	TOT
VW	119	48	30	7	1		205
W	49	63	16	4	2		134
MW	63	24	14	1			102
OSW	25	11	3		1		40
NAW	16						16
NR	2			1			3
TOT	274	146	63	13	4		500

Close Friends

	VI	I	MI	OSI	NAI	NR	TOT
VW	183	44	16	10	5		258
W	54	51	18	8	1		132
MW	26	21	16	5	1		69
OSW	9	2	3	5			19
NAW	13			2	2		17
NR		1	1		2	1	5
TOT	285	119	54	30	11	1	500

Job

	VI	I	MI	OSI	NAI	NR	TOT
VW	155	40	8	3	13	1	224
W	39	55	8	4	5		111
MW	40	21	12	1			74
OSW	12	15	3	2			32
NAW	25	14	5	2	4		50
NR	3	2			1	3	9
TOT	278	147	36	12	23	4	500

Health

	VI	I	MI	OSI	NAI	NR	TOT
VW	232	37	2	1	1		273
W	94	35	4	2			135
MW	39	12	1				52
OSW	16	3					19
NAW	15	2		1			18
NR	1			1		1	3
TOT	397	89	7	5	1	1	500

Helping Others

	VI	I	MI	OSI	NAI	NR	TOT
VW	142	33	19	9	17		220
W	51	61	7	10	10		139
MW	40	21	17	4	5		87
OSW	4	15	6	3			28
NAW	12	2	3		3		20
NR	1			1	2	2	6
TOT	250	132	52	27	37	2	500

Creativity

	VI	I	MI	OSI	NAI	NR	TOT
VW	105	32	26	14	27		204
W	22	41	31	21	13		128
MW	24	20	26	15	4		89
OSW	18	5	8	10	1	1	43
NAW	8	4	4	4	8		28
NR					7	1	8
TOT	177	102	95	64	60	2	500

Parents and Siblings

	VI	I	MI	OSI	NAI	NR	TOT
VW	142	34	18	9	13		216
W	41	57	17	9	4		128
MW	32	33	15	4	1		85
OSW	4	15	8	7	1		35
NAW	7	7	3		4	1	22
NR	1		2		3	8	14
TOT	227	146	63	29	26	9	500

Government

	VI	I	MI	OSI	NAI	NR	TOT
VW	58	24	19	21	27	1	150
W	32	56	23	27	10		148
MW	37	26	33	8	6		110
OSW	17	13	6	7		1	44
NAW	14	7	3	5	6		35
NR	4	3	2	1	2	1	13
TOT	162	129	86	69	51	3	500

Socializing

	VI	I	MI	OSI	NAI	NR	TOT
VW	78	37	41	23	23		202
W	19	45	46	27	6		143
MW	17	26	25	14	3		85
OSW	9	9	13	7	2		40
NAW	7	3	5	6	3		24
NR		1	3	1	1		6
TOT	130	121	133	78	38		500

Children

	VI	I	MI	OSI	NAI	NR	TOT
VW	287	24	4		7		322
W	57	30	2	2	4		95
MW	27	9	5	3			44
OSW	1	5			1		7
NAW	3	4	1		4		12
NR	3		1		5	11	20
TOT	378	72	13	5	21	11	500

Intellectual Development

	VI	I	MI	OSI	NAI	NR	TOT
VW	87	23	20	7	17	1	155
W	38	39	22	18	5		122
MW	43	41	21	13			118
OSW	14	19	5	6	1		45
NAW	18	16	7	4	6		51
NR	2	1		3	3		9
TOT	202	139	75	51	32	1	500

Passive Recreation

	VI	I	MI	OSI	NAI	NR	TOT
VW	80	47	68	25	12	1	233
W	29	50	40	21			140
MW	28	24	29	10			91
OSW	12	5	8	3	2		30
NAW	3	1			1		5
NR						1	1
TOT	152	127	145	59	15	2	500

Spouse

	VI	I	MI	OSI	NAI	NR	TOT
VW	189	30	3	5	15	1	243
W	46	36	2	6	8	1	99
MW	24	13	6	6	2	1	52
OSW	14	8	6	3	1		32
NAW	14	11	8	4	10	2	49
NR	4	1		1	8	11	25
TOT	291	99	25	25	44	16	500

Understanding Self

	VI	I	MI	OSI	NAI	NR	TOT
VW	163	27	11	5	3	1	210
W	89	55	5	5			154
MW	56	27	9	1			93
OSW	14	5	3	1			23
NAW	5	3	1	1	1		11
NR	4	2	2			1	9
TOT	331	119	31	13	4	2	500

Active Recreation

	VI	I	MI	OSI	NAI	NR	TOT
VW	67	33	30	19	10		159
W	24	44	35	23	10		136
MW	30	20	36	8	4		98
OSW	12	14	18	16	5		65
NAW	11	9	3	5	10		38
NR			1	1	2		4
TOT	144	120	123	72	41		500

APPENDIX B

Cross-tabulation for 500 70-year-old Men of Ratings on Importance and Ratings on Needs Met for the 15 Quality of Life Dimensions

Rows: Very Well = VW
Well = W
Moderately Well = MW
Only Slightly Well = OSW
Not At All Well = NAW
No Response = NR

Columns: Very Important = VI
Important = I
Moderately Important = MI
Only Slightly Important = OSI
Not At All Important = NAI
No Response = NR

Material Well-Being

	VI	I	MI	OSI	NAI	NR	TOT
VW	158	51	15	5	4		233
W	61	60	15	9			145
MW	40	21	4	3	1		69
OSW	24	8	2	1			35
NAW	8				3		11
NR	1	1	1		1	3	7
TOT	292	141	37	18	9	3	500

Health

VW	221	26	7	1	2		257
W	99	50	6		2	1	158
MW	34	10	6				50
OSW	15	1	1				17
NAW	9	1					10
NR	4	1			2	1	8
TOT	382	89	20	1	6	2	500

Parents and Siblings

VW	114	35	12	13	26		200
W	35	42	25	12	13		127
MW	24	17	28	7	5	1	82
OSW	7	9	8	5			29
NAW	7		5		9		21
NR	2	2	1	2	10	24	41
TOT	189	105	79	39	63	25	500

Children

VW	234	30	2	1	17		284
W	31	32	3	2	12		80
MW	21	11	7	2			41
OSW	4	2	2	2	1		11
NAW	4	3	1	2	15	2	27
NR	8	3	2	2	14	28	57
TOT	302	81	17	11	59	30	500

Spouse

VW	259	30	3	4	15	1	312
W	34	48	5	2	10		99
MW	10	7	11				28
OSW	6	2	2	2	1		13
NAW	6	4	3	2	10		25
NR	7				8	8	23
TOT	322	91	24	10	44	9	500

Close Friends

	VI	I	MI	OSI	NAI	NR	TOT
VW	170	43	20	11	12		256
W	51	52	18	15	5		141
MW	19	15	17	3	1		55
OSW	11	4	4	7	3		29
NAW	2	1		1	2		6
NR	4	3	1	1	4		13
TOT	257	118	60	38	27		500

Helping Others

VW	121	36	15	14	21		207
W	43	55	26	11	12		147
MW	29	22	22	9	6		88
OSW	12	8	4	4			28
NAW	4	4	1	1	8	1	19
NR	2		1	1	7		11
TOT	211	125	69	40	54	1	500

Government

VW	74	28	18	9	16	1	146
W	41	68	26	19	7		161
MW	33	31	19	9	6		98
OSW	19	15	8	4	3		49
NAW	14	5		2	11		32
NR		4		3	5	2	14
TOT	181	151	71	46	48	3	500

Intellectual Development

VW	73	34	16	19	44		186
W	35	53	28	25	20		161
MW	14	19	20	12	11		76
OSW	14	2	3	5	6		30
NAW	7	7	3	2	10		29
NR	1		1	2	12	2	18
TOT	144	115	71	65	103	2	500

Understanding Self

VW	147	32	15	8	7		209
W	62	67	17	8	2		156
MW	37	28	20	5	1		91
OSW	5	3		2	2		12
NAW	3	4	1	2	1		11
NR	6	3	5	2	1	4	21
TOT	260	137	58	27	14	4	500

Job

	VI	I	MI	OSI	NAI	NR	TOT
VW	94	39	9	11	72		225
W	23	49	14	10	27		123
MW	10	9	7	3	3		32
OSW	7	6	1	5	3		22
NAW	24	8	6	2	16		56
NR	3	1	1	2	22	13	42
TOT	161	112	38	33	143	13	500

Creativity

VW	72	30	25	25	66		218
W	18	23	16	45	29		131
MW	14	15	18	10	13		70
OSW	5	6	2	8	5		26
NAW	9	2		4	19	1	35
NR			1	1	14	4	20
TOT	118	76	62	93	146	5	500

Socializing

VW	82	42	25	28	32		209
W	33	57	34	21	11		156
MW	9	15	32	13	5		74
OSW	13	10	5	8	1		37
NAW	5	5	2	1	5		18
NR	1	1	1		3		6
TOT	143	130	99	71	57		500

Passive Recreation

VW	86	41	65	36	10	1	239
W	38	52	42	20	2		154
MW	18	21	32	11			82
OSW	6	4		3			13
NAW	1				1		2
NR	1	2	4		1	2	10
TOT	150	120	143	70	14	3	500

Active Recreation

VW	85	26	22	23	40		196
W	24	38	27	25	10		124
MW	22	22	34	20	5	1	104
OSW	8	10	4	6	5		33
NAW	5	5	3	8	8		29
NR	2			1	8	3	14
TOT	146	101	90	83	76	4	500

APPENDIX B

Cross-tabulation for 500 70-year-old Women of Ratings on Importance and Ratings on Needs Met for the 15 Quality of Life Dimensions

Rows:		Columns:	
Very Well = VW		Very Important = VI	
Well = W		Important = I	
Moderately Well = MW		Moderately Important = MI	
Only Slightly Well = OSW		Only Slightly Important = OSI	
Not At All Well = NAW		Not At All Important = NAI	
No Response = NR		No Response = NR	

Material Well-Being

	VI	I	MI	OSI	NAI	NR	TOT
VW	147	57	23	11	4		242
W	54	47	12	3	4		120
MW	58	28	14	3	1		104
OSW	13	4	1	2			20
NAW	10	2					12
NR	1				1		2
TOT	283	138	50	19	10		500

Close Friends

	VI	I	MI	OSI	NAI	NR	TOT
VW	218	34	11	2	7		272
W	53	46	4	6	1	1	113
MW	31	20	9	1			61
OSW	14	9	2	6	1		32
NAW	15	2	1	1			19
NR	1				1	1	3
TOT	334	111	27	16	10	2	500

Job

	VI	I	MI	OSI	NAI	NR	TOT
VW	112	39	18	7	69		245
W	28	49	8	13	22		120
MW	8	13	5	5	5		36
OSW	9	2		4			15
NAW	21	14	4	3	13		55
NR		2			20	7	29
TOT	178.	119	35	32	129	7	500

Health

	VI	I	MI	OSI	NAI	NR	TOT
VW	209	25	3		2		239
W	102	41	5	4			152
MW	59	10	3		1		73
OSW	19	2					21
NAW	9						9
NR	3					3	6
TOT	401	78	11	4	3	3	500

Helping Others

	VI	I	MI	OSI	NAI	NR	TOT
VW	156	36	4	9	9		214
W	46	71	9	13	7	1	147
MW	33	23	15	6	1		78
OSW	6	15	2	5	2		30
NAW	11	4	3	2	3		23
NR	1			1	3	3	8
TOT	253	149	33	36	25	4	500

Creativity

	VI	I	MI	OSI	NAI	NR	TOT
VW	111	43	28	17	17		216
W	22	44	20	25	16		127
MW	17	27	24	13	10		91
OSW	9	3	5	8	4		29
NAW	10	2	4	2	14		32
NR					4	1	5
TOT	169	119	81	65	65	1	500

Parents and Siblings

	VI	I	MI	OSI	NAI	NR	TOT
VW	166	21	4	4	12		207
W	48	49	7	6	5		115
MW	37	18	18	5	3		81
OSW	6	15	5	12	2		40
NAW	11	4	1	2	9		27
NR			2		5	23	30
TOT	268	107	37	29	36	23	500

Government

	VI	I	MI	OSI	NAI	NR	TOT
VW	74	33	14	20	27		168
W	35	43	24	15	10		127
MW	27	28	26	15	8		104
OSW	16	18	6	12	1		53
NAW	12	5	3	4	13		37
NR	3		1		7		11
TOT	167	127	74	66	66		500

Socialising

	VI	I	MI	OSI	NAI	NR	TOT
VW	100	42	36	16	28		222
W	37	48	21	19	8		133
MW	28	16	20	5	1		70
OSW	19	13	7	6	3	1	49
NAW	7	3	3	1	4		18
NR		1		1	5	1	8
TOT	191	123	87	48	49	2	500

Children

	VI	I	MI	OSI	NAI	NR	TOT
VW	248	28	2		20		298
W	48	31	1	1	6		87
MW	19	7	3	1	2	1	33
OSW	10	1	5				16
NAW	9	7	1	3	7		27
NR	4		2	3	7	23	39
TOT	338	74	14	8	42	24	500

Intellectual Development

	VI	I	MI	OSI	NAI	NR	TOT
VW	73	36	13	21	27		170
W	41	45	20	18	15		139
MW	22	27	17	14	7		87
OSW	10	12	8	3	7		40
NAW	18	8	4	1	12		43
NR	4	2	1	1	13		21
TOT	168	130	63	58	81		500

Passive Recreation

	VI	I	MI	OSI	NAI	NR	TOT
VW	116	67	40	25	6		254
W	34	44	44	19	4		145
MW	27	26	21	7			81
OSW	5	3	5	1			14
NAW	2		1	1			4
NR			1		1		2
TOT	184	140	112	53	11		500

Spouse

	VI	I	MI	OSI	NAI	NR	TOT
VW	87	22	3	7	95	1	215
W	18	20	4	9	29	1	81
MW	8	8	7	5	10		38
OSW	3	9	6	6	1		25
NAW	14	12	10	6	29		71
NR	2		1	3	51	13	70
TOT	132	71	31	36	215	15	500

Understanding Self

	VI	I	MI	OSI	NAI	NR	TOT
VW	197	35	7	2	7		248
W	64	50	17	4	1		136
MW	47	21	8	3			79
OSW	9	2	5				16
NAW	6	1	1	1	2		11
NR	3	3			1	3	10
TOT	326	112	38	10	11	3	500

Active Recreation

	VI	I	MI	OSI	NAI	NR	TOT
VW	83	31	21	19	33		187
W	15	41	22	29	14	1	122
MW	26	21	34	10	9		100
OSW	9	13	6	8	2		38
NAW	10	10	5	2	16		43
NR	1		1		8		10
TOT	144	116	89	68	82	1	500

Appendix C

Product-Moment Correlations and Beta Weights Between Needs Met Ratings* and Overall Quality of Life Ratings for 1000 50-Year-Olds and 1000 70-Year-Olds According to Marital Status; Married and Not Married

50-YEAR-OLDS:	Males				Females			
	Married		Unmarried		Married		Unmarried	
	(n=400-415)		(n= 70-81)		(n=353-368)		(n=115-129)	
	r	β	r	β	r	β	r	β
1. Material Comforts	0.44	(.23)	0.44	(.14)	0.46	(.23)	0.64	(.42)
2. Health and Personal Safety	0.35	(.15)	0.53	(.10)	0.39	(.14)	0.36	(.06)
3. Relationships with Relatives	0.09	(.08)	0.48	(.33)	0.17	(.01)	0.19	(.04)
4. Having and Raising Children	0.29	(.10)	0.13	(-.06)	0.23	(.04)	0.14	(-.02)
5. Close Relationship with Husband/Wife	0.25	(.10)	0.28	(-.01)	0.42	(.20)	0.16	(.06)
6. Close Friends	0.21	(-.07)	0.39	(-.16)	0.17	(-.10)	0.24	(-.10)
7. Helping and Encouraging Others	0.15	(-.03)	0.37	(.11)	0.14	(.03)	0.13	(-.01)
8. Participation in Government and Public Affairs	0.12	(-.04)	0.11	(-.08)	0.21	(.03)	0.07	(-.04)
9. Learning	0.23	(.03)	0.39	(.18)	0.32	(.10)	0.40	(.05)
10. Understanding Yourself	0.29	(.12)	0.31	(.01)	0.18	(-.01)	0.28	(.10)
11. Work	0.40	(.16)	0.37	(.08)	0.42	(.16)	0.56	(.30)
12. Expressing Yourself	0.24	(.03)	0.44	(.23)	0.24	(.002)	0.27	(.03)
13. Socializing	0.27	(.16)	0.38	(.15)	0.27	(.01)	0.28	(-.04)
14. Passive Recreation	0.20	(.05)	0.33	(-.03)	0.24	(.12)	0.44	(.20)
15. Active Recreation	0.28	(.08)	0.32	(.09)	0.34	(.08)	0.34	(.02)
Mean	3.79		3.25		3.78		3.15	
Standard Deviation	0.99		1.21		0.96		1.14	
Multiple Correlation Coefficient	0.60		0.71		0.64		0.77	

70-YEAR-OLDS:	Males				Females			
	Married		Unmarried		Married		Unmarried	
	(n=348-388)		(n= 93-112)		(n=156-170)		(n=266-330)	
	r	β	r	β	r	β	r	β
1. Material Comforts	0.41	(.22)	0.49	(.27)	0.37	(.24)	0.35	(.19)
2. Health and Personal Safety	0.38	(.14)	0.47	(.28)	0.32	(.07)	0.33	(.19)
3. Relationships with Relatives	0.22	(.05)	0.27	(.03)	0.20	(.02)	0.05	(-.10)
4. Having and Raising Children	0.17	(.02)	0.16	(-.02)	-.13	(-.18)	0.08	(-.01)
5. Close Relationship with Husband/Wife	0.20	(.09)	0.34	(.08)	0.18	(.02)	0.07	(.01)
6. Close Friends	0.28	(.01)	0.28	(.07)	0.19	(-.05)	0.26	(.07)
7. Helping and Encouraging Others	0.19	(-.001)	0.26	(-.16)	0.18	(.06)	0.24	(.03)
8. Participation in Government and Public Affairs	0.23	(.001)	0.16	(.02)	0.16	(-.04)	0.12	(-.04)
9. Learning	0.29	(.07)	0.41	(.16)	0.18	(-.08)	0.24	(.03)
10. Understanding Yourself	0.21	(.03)	0.33	(.09)	0.32	(.18)	0.26	(.07)
11. Work	0.35	(.08)	0.27	(-.04)	0.31	(.11)	0.28	(.09)
12. Expressing Yourself	0.36	(.10)	0.32	(.02)	0.19	(.02)	0.23	(.05)
13. Socializing	0.30	(.11)	0.28	(-.04)	0.21	(-.04)	0.28	(.04)
14. Passive Recreation	0.13	(-.03)	0.15	(.005)	0.22	(-.06)	0.20	(.08)
15. Active Recreation	0.33	(.07)	0.38	(.14)	0.37	(.25)	0.28	(.08)
Mean	3.63		3.10		3.59		3.39	
Standard Deviation	1.09		1.02		1.03		1.05	
Multiple Correlation Coefficient	0.57		0.64		0.56		0.50	

* Each individual's report on needs met is weighted by his/her report on importance for that particular dimension. The weights are: 11 for "not at all important," 12 for "only slightly important," 13 for "moderately important," 14 for "important," and 15 for "very important."

APPENDIX D

Abstracts of the Lives of Several 70-Year-Old Men

180270 LELAND WOLFE

Race: White
Age/Sex: 70-Year-Old Male
Education: 6th Grade
Marital Status: Married
Children: 5

Occupation: Retired (Employed part-time)
Current Family Income: $5,300
Present Location: Rocky Mt. & plains state
Community Size: less than 1,000
Community SES: Unknown

Q of Life:	MWB	He	Sp	Ch	Rel	Fr	Hlp	Gvt	Ln	Und	Occ	Cr	Soc	PR	AR
Curr Imp:	1	2	1	1	1	1	4	5	5	4	2	5	2	3	2
Curr Nds Met:	4	2	1	1	1	2	2	1	1	1	1	1	3	1	3
At 30 Imp:	5	2	4	5	1	2	5	5	3	2	2	5	3	4	5
At 30 Nds Met:	2	1	3	1	1	1	3	2	3	2	1	3	3	2	2
At 50 Imp:	2	2	1	1	1	2	4	4	5	5	2	5	3	2	4
At 50 Nds Met:	3	2	1	3	2	4	2	4	1	1	2	2	2	4	3

Leland Wolfe is a 72-year-old white male living in a Rocky Mt. & plains state. He went to school in the same state through the 6th grade with a "B" average. It should be pointed out that Leland has a severe hearing problem and according to the interviewer, Leland misunderstood many questions and had great difficulty expressing himself. At age 20 Leland's occupational plans were to work on a ranch "punching cows" since that was what he was doing at that time. However, he says that after he was married he quit this type of work and began doing farm work. He had no interest for any occupation that he was unable to pursue.

Leland's job history is unclear. From information pieced together he seems to have worked first as a ranch hand then sometime after his marriage in 1937 he was a farm hand earning $150 a month. As well as can be determined, he worked on a farm until at least 1954. In 1967 he worked as a coal hauler in his current state earning $1.50 a ton. This job lasted until 1970 when he became a caretaker for a cemetery. He is presently working on this job earning $1,800 a year. He says that it is part-time employment, but later indicates that he works 40 hours a week. It seems that he retired after his job hauling coal, but out of necessity began working at the cemetery. Judging from his income on this job, it appears to be part-time.

Leland is still married to his wife of 42 years and they have one son and four daughters. He and his wife live together in a trailer home worth $2,300. He pays $40 a month to the trailer park. He feels that his housing needs are moderately well met. Leland drives his own car and this meets his transportation needs very well. His total family income is $5,300 a year. He earns $1,800; his wife earns $1,500, and the remaining $2,000 is Social Security. He does not feel this income meets his needs and would need $500 a month more so his wife "could quit work." However, he then says that if his income were increased by $100/month, "[His] wife could quit work." His primary financial concern is daily living expenses. Material comforts are very important since he feels such things are needed. His needs are only slightly well met because his income is interfering.

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During his leisure time Leland reads the newspaper and watches "Most all [of the] TV shows on CBS." Passive recreation is moderately important to him because "[He] just never did pay too much attention [since] half the time [he] can't hear." His needs are very well met. Active recreation, particularly hunting and fishing, is important and his needs are moderately well met since he can hunt and fish. Having to work interferes with his needs.

Leland has no concerns about any social or political issues. Participation in government is not at all important and his needs are very well met. He plans to register to vote soon.

Creativity is not at all important because he is not interested in such activities. His needs are very well met. Learning is also not at all important. He says it is "Too late in [the] season to think about going to school now." "Because [he] do[esn't] have any needs," his needs are very well met.

Helping others is only slightly important and his needs are well met. Leland says, "I wouldn't know how to answer. Like I see kids go to church and get through school."

Religious activity is only slightly important. Understanding himself is also only slightly important since he "Never paid much attention to [this]." His needs are very well met.

The two most helpful governmental programs to Leland are Social Security and Medicare.

Socializing is important to Leland who visits with his children. His needs are moderately well met and says "It could be better." He says his poor hearing, not going anywhere and lack of money interfere. He does not belong to any organized groups. Having close friends is very important since they can help him if he needs help. His needs are well met because he likes to visit with them.

The most recent health problem Leland has had was an operation for gallstones. This problem has affected the foods he can now eat. He also has hearing problems, injuries, low blood pressure and vision problems that he wears glasses for. He does not wear dental plates and has had no recent accidents. He has no concerns about his physical appearance. He rates his present health as "good." He does not have regular examinations. He has his own doctor and feels he gets adequate health care. His medical expenses are covered by Medicare. Leland smokes two or three cigars a day "some days not at all." He does not drink, feels he eats a healthy diet and does not take medication regularly. No one in his family has had serious medical problems. Health is important to Leland. He says, "Health is about the most important thing you've got. If you have good health you are all right." His needs are well met. Community conditions are not at all a threat to his personal safety.

Leland is currently working as a caretaker for a cemetery "Because [he has] to."

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Leland considers good income, job security, decision-making freedom, work he can do well and having a competent supervisor as very important aspects of a job. His job has only decision-making freedom and work that he does well present to a very large degree. He says that as long as he can work he does not want to retire. Work is important and his needs are very well met since he enjoys the work he is doing. He is interested in a subsidized training program so he can get a better job. He would require $500 a month while in such a program.

Leland's wife is 58-years-old with an 8th grade education. She is currently working doing housecleaning part-time. She has worked previous domestic jobs. Having a close relationship with his wife is very important. His needs are very well met because "she is [the] importantest thing" he's got. They spend their time together "watching TV 28-30 hours a week." He is satisfied with his sexual relations and would not like to change anything about her.

Having and raising children is very important because "Children are the most important things [they] have [and have] always loved them." His needs are very well met. Leland's only son is 38, married, is a high school graduate and works for a bakery. His other son is dead. His oldest daughter is 36, a high school graduate, married and is a housecleaner. His other three daughters are 30, 27, and 23. They are all married, did not graduate from high school and are housewives with the exception of the youngest who is a delivery person. His two oldest children visit once or twice a year and the two youngest visit almost everyday. He makes no mention of his 30-year-old daughter ever visiting him. What he would like to change about his children is have them move closer so he can see them more often.

Leland's parents were both born in the United States. His father had some high school education and his mother finished the 8th grade. His father was a farmer and his mother was a cook. His father drowned in 1907. His mother died in 1946. He is "unsure" about the cause of her death. Leland and his three sisters grew up living with their mother. Only two of his sisters are living. Having a relationship with his sisters is very important. His needs are very well met since he "generally get[s] to see them about once a month."

At age 30, in 1934, Leland was living in the same state, was single and worked as a ranch hand earning $60 a month. He lived alone in a bunkhouse rentfree. This met his housing needs well. His total income then was $180 a year "with room and board." He says this income met his needs although he was concerned about daily living expenses. Material comforts were not at all important then because "[He] never [knew] where [he] would be one month to the next." His needs were well met.

At that time Leland read magazines. He didn't have a radio. Passive recreation was only slightly important because he "Never took any interest" in such activities. His needs were well met. Active recreation was not at all important since he didn't "do any of these things." His needs were well met.

Participating in government affairs was not at all important because "[He] never did pay much importance to government affairs." His needs were well met.

Creativity was not at all important since he never did creative things. His needs were well met. Learning was moderately important and he would have liked to attend school but didn't have an opportunity to do so. His needs were moderately well met since he could not go to school. "Financial troubles" interfered with his going to school.

Helping others was not at all important and he "Just never did do it." His needs were moderately well met although he "never helped anybody much."

Religious activity was only slightly important then. Understanding himself was important although he "never took much interest in that." His needs were well met.

Socializing then was moderately important. Leland says he "Did very little. Worked most of the time." His needs were moderately well met because if he wanted to go dancing he had to ride on horseback for 30 miles. Leland did have close friends then and this was important to him. His needs were very well met because he "could always go to them."

At age 30 Leland had no health problems or concerns about his physical appearance. He says his health then was "very good." He had his own doctor and feels he had adequate health care then. He says he "didn't have any" medical expenses at that time. His diet was different then in that "[He] could eat anything [he] wanted then." He drank and smoked more then. Health was important to him and his needs were very well met because if he needed a doctor, one was available although he had very good health.

Leland was satisfied with his job doing farm work. He had no plans for retiring when he was 30. Work was important to him. He says, "If a job isn't important you ain't got no business doing it." His needs were very well met since he had no trouble with his job.

Leland was single then and dated about once a month. He had no plans to marry. Having a close relationship with a spouse or person of the opposite sex was only slightly important because he "Never did take much interest in it." His needs were moderately well met.

Having and raising children was not at all important because he was not interested then. His needs were very well met "Because [he] was not married."

His relationship with his mother then was "very good." He saw her at least once a month. He mentions a stepfather when he was 6-years-old. His relationship with his sisters was also "very good." Having a close relationship with his family was very important. Leland says, "They were your family and family is most important thing you have." Since they were "all pretty close," his needs were very well met.

At age 50, in 1954, Leland lived in the same state, was married, and had all his children. He was working as a farm hand earning $150 a month. His wife did not work. He and his family lived in a house that seemed to be supplied by his employer since he does not indicate that he paid rent and considered it part of his income. His housing needs were moderately well met. His total family income was $1,800. He feels that his income met his needs although he was concerned about daily living expenses. He also says that although material comforts were important to him and his growing family, his needs were moderately well met because of his low income. This interfered with his needs being better met.

Leland read the newspaper then, "Didn't have television [and] couldn't get many radio programs." Passive recreational activities, particularly reading, were important then. His needs were only slightly well met because he "couldn't get to town" since the roads were bad. Bad roads and storms interfered with his needs. Active recreation was only slightly important since he wasn't interested, although he did hunt. His needs were moderately well met and lack of money interfered.

At that time, Leland was not interested in any social or political issues. Participation in governmental affairs was only slightly important because he wasn't interested. However, his needs were only slightly well met because he had "no opportunity and no money." Distance from the polls interfered with his needs being better met.

Creativity was not at all important since he was not interested and did nothing creative then. His needs were well met. Learning was not at all important also because he felt "it was too late" to learn. His needs were very well met.

Helping others was only slightly important since he did not help many people "outside [his] own family." His needs were well met.

Religious activity was only slightly important to Leland at age 50. Understanding himself was not at all important since "[He] just let it go as it came, and never paid much attention to it." His needs were very well met "Because [he] didn't have any such needs."

Socializing was moderately important because there was "not many people to socialize" with. His needs were well met although lack of money prevented him from socializing more. Leland says he did not have close friends. Living in a rural area the closest friend was six miles away. Having close friends was important but his needs were only slightly well met since there were "no friends around." "No people and no money" interfered.

At age 50 Leland had a hearing problem. He says, "I've had trouble with my hearing ever since I was 10-years-old. It didn't affect my work." He had no concerns about his physical appearance and feels he had "very good" health then. He felt he had adequate health care then although he "never went to [the] doctor when [he] was 50." Medical expenses were covered by personal payments. His diet then was different in that he could then "eat anything [he] wanted." He says that age 50 he never did drink. He smoked more then. Health was important since he "had [a] family to raise and good health was main thing." Since he didn't have problems with his health, his needs were well met.

Leland was satisfied with his job working on a ranch doing general farm work. He had no plans then about retiring. Work was important because he was raising a family. His needs were well met since he felt he "always had a pretty good job."

Having a close relationship with his spouse was very important because "A wife is the most important thing [he had]." His needs were very well met because they "got along very good." They spent their time together "At home." He was satisfied with his sexual relations and would do nothing to change her then.

Having and raising children was very important but his needs were moderately well met since he "Didn't have money to do what [he] wanted to do for them." Lack of money interfered.

Both his parents were dead then. His relationship with his sisters was "very good." Having a close relationship with them was very important because "About all [he] had was [his] sisters then." His needs were well met since he "got to see [his] sisters pretty often."

Leland now says his quality of life at 30 was "very good." Active recreation, having close friends and helping others tended to make it good while not having any children then, not being married and participation in public affairs tended to make it poor. Life at 50 was "good." Having good relations with his wife, having children and working made it good. Participation in public affairs, expressing himself creatively and passive recreation made it poor. Leland feels that his current overall quality of life is "fair." Working, material comforts and relations with his wife make it good while participation in public affairs, socializing and expressing himself creatively make it poor.

No event in Leland's life has had a lasting change in his life. A period of major change in his life was "Getting a job at the cemetery."

Getting his job at the cemetery is also the biggest improvement in his quality of life since they were able to get out of debt and pay for their home. The biggest improvement that could occur in his life now would be to get a better home because then when his children visited "they could stay [with them] without having to go to a motel."

The things Leland would now like to be doing are traveling, camping, fishing and visiting his children. However, he says that lack of money and time prevent him from doing so.

Leland says that when he was working hauling logs and a log rolled on him breaking his back and laid him up for three years was the thing that happened to him that made him realize that he was getting older because after that he couldn't lift heavy objects. This occurred around 1963. He has adjusted to getting older by not working as hard as he once did.

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As previously mentioned, Leland had difficulty in understanding many of the questions and expressing himself. The interviewer says that "This was by far the most difficult interview I attempted. [Leland] is almost deaf. His hearing aid did not work well. I had to shout every question. I also had to have the assistance of his wife who fed him some questions." In regards to his physical appearance, the interviewer provides the following comments. "[Leland] had the physical appearance of a man who had spent his entire life in hard physical labor - wrinkles, rubicund face, features not clearly delineated." In regards to Leland's socioeconomic conditions, the interviewer says, "[Leland] is definitely in the poverty class with a minimal income so that he cannot think of retirement but must work at 72 to survive. His home is in the town's trailer park inhabited by the mayor, a mine superintendent, school teachers, widows and merchants, as well as retirees."

The information provided in this interview indicates that Leland has led a life of poverty which affected several areas of his life. His jobs as a rancher and farm hand did not always provide him with an adequate income to adequately care for his family. He has continually had to do without many things. Even today he and his wife must both continue to work to provide themselves with the necessities of life. He would like his wife to quit working but her income is vital to their survival. Although he is glad to be working on his present job at the cemetery, he is willing to undergo training to procure a better job. A better job with a better income would allow him to realize some of the things he so much desires to do in his later years such as travel, visit his children, engage in some light active recreational activities and obtain better housing. Subsidized job training, subsidized or low cost housing, employment services and supplemental income are assistance programs that would be of great benefit to Leland in helping him raise his standard of living.

O.K. for data illustration

SRA

# 090134 CRAIG MC CRAY

Race: White
Age/Sex: 70-Year-Old Male
Education: HSD
Marital Status: Widowed
Children: 2

Occupation: Retired
Current Family Income: $7,400
Present Location: Southeastern state
Community Size: 50,000-99,999
Community SES: Unknown

Q of Life:	**MWB**	**He**	**Sp**	**Ch**	**Rel**	**Fr**	**Hlp**	**Gvt**	**Ln**	**Und**	**Occ**	**Cr**	**Soc**	**PR**	**AR**
Curr Imp:	2	2	4	1	2	4	2	1	2	1	1	1	4	3	3
Curr Nds Met:	1	1	5	1	1	4	3	2	1	1	1	1	3	2	2
At 30 Imp:	1	1	1	1	1	3	4	1	2	1	1	5	4	5	1
At 30 Nds Met:	1	1	1	1	1	3	4	4	1	1	1	5	4	5	1
At 50 Imp:	1	1	1	1	4	1	5	2	1	1	1	5	3	4	1
At 50 Nds Met:	1	1	1	1	4	1	1	2	1	1	1	5	3	4	1

Craig McCray is a 70-year-old white male living in a southeastern state. He has a high school education. At age 20, Craig says he didn't have many career plans--he just "wanted to be rich and afford a family." He mentions being interested in mechanics and owning a "mini-department store" but has reservations about both of these careers. He says, "I didn't think I'd do too well tampering with mechanics. I never did the other thing because of the initial money needed and high risk factor involved for success."

Craig's first job was as a tailor working for his father from 1923 to 1929. He started out making $5 a week and ended making $15 a week. He left because he "wanted a more interesting job." In 1929 he became an "independent dry goods salesman" and held this job for the following 44 years until his retirement at age 68. Initially, he made about $20 a week; by his retirement he was making $250 a week.

Craig got married when he was 24 years old. He has been widowed since 1974. The McCrays have two daughters, both grown and married. Craig lives alone in a rented apartment for $185 a month. He says this meets his housing needs very well. He has lived here less than one year. He chose this place to live because it had "nice rooms, [was] near shopping, [and had] reasonable rent." Craig regularly drives a car that meets his transportation needs very well. His annual income of $7,400 in social security and personal insurance payments meets his needs. If it were increased by $100 a month he says, "I hope the government would give this money to those in real need. Some people are bad off and if these people didn't save up for retirement when younger, social security is peanuts." Craig has no primary financial concern. Material comforts are important to him because he says, 'It is a big relief not having to worry about where your next meal is coming from . . . . Security is important . . . I struggled when I was younger in the hopes of achieving security for my family." He feels these needs are very well met because he has his own furniture. He says, "I eat meats, vegetables and other good foods so I'm not starving. I have financial security and I think I've got a pretty good life."

Craig reads newspapers in his leisure time and watches the 6:00 News, the Waltons, and Sixty Minutes on TV. He also likes to listen to "slow music." Passive recreation is moderately important to him because he "enjoy[s] these things." He adds, "I also like to go for walks to the stores, visit the malls and sit by the water in a park." He feels these needs are well met because he "own[s] a TV, stereo and a radio, so [he] can choose [his] viewing and listening pleasures. [He] also [has] a car and that gets [him] to where [he] wants to go."

Active recreation is moderately important to Craig because he says, "I'm a bit old for dancing and sports but I like to play cards every now and then. Occasionally I go out fishing for the day. I don't travel much anymore." He feels these needs are well met because "there is always something around for [him] to do if [he] choose[s]." He adds, "If I had to, I could probably write a schedule for myself to keep myself busy constantly, but at my age, I'd rather take it easy and enjoy a day at a time."

Craig is concerned with the "presidential election" at the present time. Political participation is very important to him because he likes to keep informed. He says, "I read the newspapers daily and listen to the news so I can be in touch with what's happening politically in our country. I vote locally and nationally and hope someday that the electoral college will be abolished and we'll have a president by popular vote." Since the "news media keep[s] [him] informed, along with [his] own curiosity," these needs are well met.

Craig just "painted a picture for [his] daughter's birthday." Creativity and personal expression is very important to him because he "relax[es] by painting and by enjoying a good piece of music." He adds, "I like the idea of having the time to do these things. Painting is a fairly new thing with me. I taught myself some basic techniques some four years ago and I've progressed at my own pace." These needs are very well met because he has his "own painting room" where "all [his] materials are laid out just as [he] want[s] them to be. [He] can buy more materials whenever [he] want[s], paint when the mood strikes, and take pride in [his] creations."

Learning is important to Craig. He says he "learned the fundamentals of painting by reading library books on the subject." He also "reviewed other people's works, studied the strokes and got more of a feel for painting by reading about it. " He adds, "I could have gone to school but the library served my needs well." He would like to learn more about "oil painting." He feels his needs are very well met because he says, "It's obvious from my little one-room studio as I refer to it, that my needs are being met very well."

Helping others is important to Craig because "it's important to give guidance and direction to people in need of it . . . ." He feels these needs are moderately well met. He says, "Everything depends upon what and who I help. What I consider helping, you may not but I offer help when asked."

Religious activity is only slightly important to Craig and self-understanding is very important. He says, "I don't take life for granted. I've worked too hard during my life

. . I know what I could do and what I can't. I don't discuss my personal philosophy with people because we each have our own ideas and feelings. It's important for me to have something of my own to hold on to." These needs are very well met because he says, "Only I can change what I think or believe in. No one will ever be able to know or understand me like myself. It's what makes us 'individuals.'"

Craig says the most helpful governmental programs to him are Social Security and Library services. He does not belong to any clubs or organizations.

Socializing is only slightly important to him. He says, "I don't like crowds. Guess that's why I was self-employed--so I can avoid people being around me. Friends are fine but they have a tendency to mind my business when they shouldn't. I do nicely by myself and I hope to stay this way." These needs are moderately well met because he says he goes fishing on a charter boat occasionally. He adds, "I don't generally go to parties because so many people sit and talk about their aches and pains and I don't enjoy listening to that. The places are here for me to socialize so if the urge strikes, I'm not at a loss."

Craig says he does not have any close friends, but does not ever feel lonely. Having close friends is only slightly important to him. He says, "My wife was the closest friend I ever had. Now, I have her memories as my friend. I don't socialize frequently. I'm pretty independent and rely on myself for everything." He adds, "For as often as I may do something with someone, my needs are met." He concludes these needs are only slightly well met.

Craig describes his health as "very good." He lists arthritis, high blood pressure, and ulcers as physical ailments. He had cataract surgery over 10 years ago which required "stronger lenses in [his] glasses." His ailments do not bother him much: "Fortunately, my arthritis rarely bothers me. My blood pressure is normal. Occasionally, if I eat the wrong foods, my ulcer kicks up." Craig has both upper and lower jaw dental plates. The last time he saw a doctor was in 1975 for a "bad cold and cough." He does not have regular physicals. He has always used a private doctor and pays for his medical expenses through Medicare. He believes he has adequate health care. He smokes a pipe after he reads the morning paper, during "park visits and after dinner." He says he doesn't "smoke a lot." He also "enjoy[s] a glass of wine around 8:00 p.m. in the evening" every day. He feels he has a healthy, balanced diet and does not take any regular medications. Having his health is important to him. He says, "I consider myself being healthy. I don't have worries about money, health, shelter or anything. I'm not depressed and I enjoy life. To me, being mentally fit is more important than being physically fit." These needs are very well met. Community conditions do not at all threaten his activities.

Craig says he made a major change in his occupational plans when he was "about 25 years old and quit working for [his] father and started doing other things." Work is very important to him at this time in his life. He says, "Liking a job is important. Wanting to wake up and get to work is a good feeling. Knowing you're good at it is important as well." These needs are very well met because he says, "My work is painting for myself; reflecting the past; being able to occupy myself and living one day at a time." Craig is not interested in employment: "I spent over 45 years of my life working and now it's time for rest and relaxation for me." He would not take a government-subsidized training program because he says, "I had my entire life to attend school or do something like this. Now, I want to be able to just be happy and enjoy what I do with the time I've got." He adds, "I wouldn't mind someone teaching me how to use oils but aside from that, I'm in no rush to attend classes."

Craig and his wife were married for 45 years until her death. They had two children. Having a close relationship with a person of the opposite sex is only slightly important to him. He says, "If two people are married and don't have love, companionship and understanding while they're married, having it at this point in time won't help. I had a wife, friend, lover, mother to our children, etc. all in one woman. My life had meaning then. It has meaning now for me, but in a different way." As a result of his wife's heart attack, he "moved out of [the] house--sold it, sold most of [their] furniture, took up hobbies, [and] moved to Florida." Craig says he does not want to be married again. He says, "[I] already had a wife and family. I'm not into marriage for companionship." Though he says these needs are not at all well met, he adds, "I tend to keep busy by doing things that interest me. I don't need a close relationship now and I don't look for one."

Craig's two daughters are 42 and 39 years old. They are both married. One is a teacher and has two children. She lives in an Appalachian state. The latter is an interior designer, has four children, and lives in Canada. He sees his eldest daughter twice a year--at Easter and for two weeks in the summer. He sees his youngest daughter once a year at Christmas. He says they "go out to eat, talk, keep up with the happenings of the family, go to a show, and simply enjoy each other's company." The eldest daughter calls every two weeks and writes him monthly. The youngest calls weekly. Having and raising children is very important to Craig. He says, "I enjoyed the time I had with my family. We grew together and learned from one another. It also gave me a good reason to stay home whenever I could and be close to my family." These needs were very well met. He says, "My daughters are happily married and have beautiful children. They keep in close contact with one another and have good lives. Their success brings me much joy."

Craig's parents were both born in a Mid-Atlantic state. His father was a tailor and died in 1949 from an accidental fire. His mother was a housewife and died of a heart attack four years later. They both had some high school; his father completed eleventh grade, his mother finished the tenth grade. Craig does not have any brothers. He has three sisters, one of whom is still living. Craig says over the years "We were all busy with work and our families. We all met at someone's house every year for Christmas and had a real family reunion with our families." Relations with relatives are important to Craig because he likes "to know how [his] sister is doing all the time." He adds, "We write to one another often. Her husband is alive and well so I'm not as worried about her. It would be different if she were widowed." He concludes these needs are very well met.

When Craig was 30 he was married and living in a Mid-Atlantic state. He was making about $35 a week as a dry goods salesman. He says his income "varied between $2,800 and $4,300" a year. He felt that it did not meet his needs. He says, "If I had a bad year--about another $1,750 would have helped out." Housing costs, daily living expenses and unexpected medical expenses such as dental needs were his primary financial concerns. He lived in a house with his wife and one-year-old daughter that met their needs very well. They owned this house and were making payments on it of about $45 a month. Material comforts were very important to him at that time. He says, "I wanted my family to never be in need of anything. That is why I worked as hard as I did." These needs were very well met. He says, "My parents put down money for our house as a gift. That is why payments were not very high. The house was comfortable, roomy and well kept. My wife had a sewing machine and material for clothes; pots, pans, silverware, etc. I could relax and enjoy the porch area with my wife. It was good."

In his leisure time, Craig read newspapers and "rarely listened to [his] radio." Passive recreation was not at all important to him because his "work required much of [his] time and whatever free time [he] had, [he] spent with [his] family." These needs were not at all well met because he "concentrated on work and family and there was no way [he] could meet these things."

On the other hand, active recreation was very important to him. He says, "traveling was very important since I did a lot of it in my job." Since he "managed to travel five out of seven days a week," these needs were very well met. He adds, "Before I had a car, it was rough on me. At least there was good public transportation for me to use."

Craig doesn't remember what social or political problem concerned him at the time. Since "work and family" were on his mind, political participation was only slightly important. These needs were only slightly well met because "[he] chose this way to live."

Creativity and personal expression were not at all important to him then because "work and family came before having good times." Because he "didn't do much in the way of creative expression," these needs were not at all well met. "Nothing that [he] couldn't overlook" interfered with his needs being more fully met in this area.

Learning was important to Craig when he was 30. He says, "I learned about family life and responsibilities; I learned more about the work I was doing and I had a better understanding of myself and family." These needs were very well met. He says, "I was lucky in knowing the right people who helped me learn about my work. I was also fortunate to have a loving and understanding wife who helped me make it in life."

Helping others was only slightly important to Craig. He says, "I was never a religious person and I didn't have that much free time to help others. I thought that providing for my family and having a comfortable home was important." These needs were only slightly well met "because it was of [his] own doing."

Religious activity was not at all important to Craig, but self-understanding was very important. He says, "Once I knew where I was headed for, I was then able to see where I've been. My wife always stood by me and helped me when I needed support. I knew what obstacles stood in my way but nothing stopped me from pursuing my goals." These needs were very well met. He says, "I did what I wanted to job-wise and my wife gave me the emotional and physical support that I needed to be successful."

Socializing was only slightly important to him then. Craig says, "My work consisted of meeting people daily so when I had time to spend with my family, I didn't want to be bothered with neighbors." These needs were only slightly well met because "[he] made his] life that way."

Craig says he did not have close friends then. They were only moderately important to him. He says his wife was his closest friend: "She knew me better than I knew myself at times. We visited relatives but not often. We shared our thoughts, problems and our love. I couldn't ask for more than that." These needs were moderately well met because he "was a work and family man."

Craig describes his health at 30 as "excellent." He had high blood pressure and this caused a "change in diet." He feels he had adequate health care from his private doctor which he personally paid for. His diet was different in that "there are newer dishes today that [he] never tried until recently that [he] like[s]." He says he drank the same amount but smoked less then. His health was very important to him. He says, "To be free from anxiety was important--so important that my blood pressure rose and I had to change my eating ways. I had to be healthy and able to work so I could provide for my family." These needs were very well met. He says, "I've been pretty healthy all my life and I'm very thankful for this. Aside from a few minor problems, there were no real serious medical problems with me."

Craig's job as a dry goods salesman was very satisfying to him. He says he was what people called a "peddler." Craig explains, "My hands were rough and calloused from carrying around samples all day long. I went into different areas and went from door to door trying to find customers to do business with. It wasn't easy--very hard and tiring." At that time Craig planned to retire at age 65. His plans for retirement were to tour the states with his wife in a camper and "decide where we would like to settle down and live." Work was very important to him then. He says it was interesting "because of the different people [he] met. Many became good customers and then the rewards were financial for [his] family." These needs were very well met because he had a "lovely home, good wife, beautiful family. [His] work was hard, [he] put in long hours, but it eventually paid off."

Craig and his wife spent their time together "sitting on the porch" about three to four hours a week, going to the park once every other week, and "talking about the future" "every weekend it seemed." He was very satisfied with their sexual relationship. Craig says he would change "nothing at all" about his wife then. He says, "I couldn't have found anyone better, more understanding, considerate, or loving of me if I tried." Having a close relationship with her was very important to him because she "supported [him] morally or emotionally until [he] built up a nice list of steady customers to deal with." These needs were very well met because his wife "encouraged [him] to do what [he] wanted and to be good at it. She understood [his] circumstances but not once did she ever ask [him] to find other work with a steady pay schedule. [Their] income varied through the years."

At that time Craig and his wife sometimes spent time together with their daughter. They "visit[ed] the zoo, [would] go to the park, swimming, [and] go for walks." Having and raising children was very important to him. He says he learned how to be a better parent in the time he did have to spend with his family. He adds, "I know my children appreciated me and respected me at all times and they knew I always loved them even if I wasn't home for dinner to eat with them or spend a lot of time with them." These needs were very well met because his two girls "turned out to be lovely, intelligent women. They are married, have careers of their own, have families and have a good relationship. They turned out perfect in [his] eyes."

Craig's relationship with his parents at the time was "fairly close." He says, "They gave us money for a sizeable downpayment on a house when my wife was pregnant with our first child. They also helped us out financially if we needed it." He describes his relationship with his siblings as "fair--not too close." Relations with relatives at that time were very important. He says, "For my parents it was very important for me to be successful since I was the breadwinner of my family. We respected my parents and knew that if and when things got bad, my parents were always there to help." He says these needs were very well met in regards to his parents, but his sisters were a different matter: "My sisters were spoiled and what I considered to be stuck-up. I didn't keep in touch often."

When Craig was 50 he was married, with two daughters ages 22 and 18, and living in a Midwest state. It is unclear what his salary was. He states that he made $7,600 a year at one point and "roughly $11,000" at another in the interview. At any rate, it met his needs, though housing costs, daily living expenses, and unexpected medical expenses were primary financial concerns. His family lived in their house for payments of $130 a month. He feels this met their housing needs very well. Material comforts continued to be very important to him. He says, "I tried to help make things easier for my wife by buying things like washing machines and dryers. We lived like middle class citizens and we always had good food to eat, clean clothes to wear and something saved up for a rainy day." These needs were very well met.

In his leisure time Craig read newspapers and "never listened to anything but the news." Passive recreation was only slightly important to him because "work came first." It was only slightly well met "due to [his] own choice."

Active recreation was very important, because "traveling was [his] work and livelihood." Since he "had a car and was able to expand [his] areas and make new customers," these needs were well met.

The "Korean Crisis" concerned Craig at that time. Political participation was important. He says, "Voting plays an important part in my life. It was the only way I could express my opinions I had in regards to what was going on in our country." Because of the opportunity he "had to vote," these needs were well met.

Creativity at that time was not at all important to him, due to work. Though he rates these needs as "not at all well met," he adds, "If I didn't feel it had importance, then I didn't do anything about it so naturally my needs were met as far as I was concerned."

Learning was very important to him. He says, "I stressed education to my children and was happy when they made something of their lives. I learned the hard way and ignored furthering my education." These needs were very well met because he "learned things by reading the newspapers and listening to the news. [He] always asked [his] children about the things they were learning . . . in school and if [he] didn't understand, they'd try to help [him]."

Helping others was not at all important to him. He didn't have time to do this because he was "too busy trying to make more money and provide for [his] family." Because he "didn't do it," these needs were very well met.

Religious activity was only slightly important to Craig at 50. Self-understanding was very important. Craig says, "By this age, I already made it for myself as far as being a success. I knew myself well enough to role with the punches." Because of his "drive, eagerness, and ambition to succeed," his needs were very well met.

Socializing was moderately important to Craig when he was 50. He says, "work and family pleasures still came before neighbors." Because he "wanted things this way," these needs were moderately well met.

Close friends were very important in that his wife was still his closest friend. Because of her "understanding," these needs were very well met.

Craig describes his health at age 50 as "very good." He still had high blood pressure and "had to control [his] nerves and try not to worry too much."He continued to see a private doctor and paid medical expenses through medical insurance and personal payments. He had adequate health care. His diet was different in that he "ate better meals which [his] wife cooked for [him]. They were more well-balanced." He drank the same then but smoked more. Health was very important to him because he was "still young enough to keep working." Because he was "basically a very healthy man," these needs were very well met.

He continued to be very satisfied with his job and planned to retire at age 65. Work was still very important to him because he "always enjoy[ed] talking to people and [his] work gave [him] this enjoyment. [He] had freedom too--if [he] didn't want to work for a day or a month, [he] didn't have to. . . ." These needs were very well met.

Craig and his wife spent their time together listening to music about two hours a week, watching TV four hours a week, going for walks an hour a week, and talking three hours a week. He was very satisfied with their sexual relationship. Having a close relationship with her was still very important to him. He says, "Many times I never made it home due to bad weather and my work. I often was lonely and longed to be close to my wife for her comfort. She knew how to make me relaxed and she understood me thoroughly. It was love like that that made me go on with my work." Because "of the beautiful person [his] wife was,"these needs were very well met.

They rarely spent time together with their daughters then. When they did, they "went to a show or out for dinner." Having had and raised children was very important to Craig then, because he "was able to learn so much from them." These needs were very well met because they were "two beautiful children and [he's] most proud of them."

Craig's parents were deceased at that time and his relationship with his sisters was "mediocre." Relations with relatives were only slightly important to him because his sisters "lived far away. [He] rarely saw them after [his] mother died." These needs were only slightly well met "due to distance."

In retrospect, Craig describes his overall quality of life at 30 as "very good." The areas of work, health and relations with spouse tended to make it good. Close friends, socializing, and helping others tended to make it poor. At 50, his overall quality of life was also "very good." Work, health and spouse relations still made it good. Socializing, relations with relatives, and active recreation tended to make it poor. Today, Craig describes his overall quality of life as "good." Material comforts, self-understanding, and creativity all make it good. Active recreation, close friends, and socializing tend to make it poor.

Craig says "there has been no real great improvement in the quality of life for me during the past few years. It isn't an ideal situation taking up painting to compensate for a wife and companion. I guess painting helps me pass the time and lets me capture some scenes but I'd prefer my wife to be alive and spend time with her." The greatest improvement now would be to have his "wife alive now." As a result they would "be able to share time together doing things [they] pushed aside so often." Craig points to his wife's death as causing a rapid, dramatic change in his life. He says, "I wished God would have taken me instead of her." As a result, he "became depressed and . . . [took] up painting. [He] also started to sell the furniture in [the] house and decided to sell the house and move away . . . ." Other turning points in his life were his marriage, changing his job, moving, children's weddings, and coming to his current place to live.

His plans for the future are uncertain. He has considered moving to Canada so he "could be closer to one of [his] daughters." He's also thought about moving to Oregon and "living in a little cottage near a pond where [he] could relax and paint." He says he's "not interested in meeting an old lonely lady to have around as a companion. No one could take the place of [his] wife."

Craig realized he was getting older when he "withdrew [his] money to put [his] first child through college." The first time he felt he was getting older was when he "signed up for Social Security." He says, "Somehow, I never wanted to count so many years of my life as being employed so I could finally collect at a later date." He has adjusted to getting older by being "content to just paint or do simple things." He's "not on the go and as anxious to meet people like [he] used to be."

Craig's interviewer notes that he was "never quite sure of his exact earnings because it varied from year to year depending upon newly acquired customers and orders."

Craig's main problem seems to be his loneliness. Though he admits his painting is poor compensation for the loss of his wife, it seems that having a close relationship with people is still very important to him. Developing other close relationships might alleviate some of his loneliness, though he says no one could ever replace his wife. The areas of close friends and socializing tend to make his present quality of life poor. Craig could profit from meeting and socializing with others. A local senior citizens center where there are other people in similar situations might serve to better meet his needs in this area.

O.K. for data illustration
C.L.J.

# 071278 NORM ROSANDER (78)

Race: White
Age/Sex: 70-Year-Old Male
Education: 9th grade
Marital Status: Married
Children: 1

Occupation: Retired
Current Family Income: Declined to answer
Present Location: Mid-Atlantic state
Community Size: 2,500 - 9,999
Community SES: Middle

Q of Life:	MWB	He	Sp	Ch	Rel	Fr	Hlp	Gvt	Ln	Und	Occ	Cr	Soc	PR	AR
Curr Imp:	1	1	1	1	3	1	2	2	2	1	2	3	1	2	3
Curr Nds Met:	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
At 30 Imp:	1	1	1	1	1	1	1	2	1	1	1	3	2	2	2
At 30 Nds Met:	3	1	1	1	1	1	1	1	3	3	3	1	1	1	1
At 50 Imp:	1	1	1	3	2	1	2	1	3	1	1	1	2	2	2
At 50 Nds Met:	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1

Norm Rosander is a 69-year-old Caucasian male living in a mid-Atlantic state. He has a tenth grade education from a parochial school in his home state. At age 20, Norm says he had no specific career plans; he "just [wanted] to have a job and be working." When he was 16, in 1925, he says his first job was as a "manager" for a grocery store chain. He held this job for three years until he moved. The following two years he worked as a "machinist's helper" for a machine and tool company because his "brother-in-law worked [there]." This job ended when he moved again, in 1930. At that time he became a supervisor for a major steel corporation and held this job until 1971, when he retired at age 62 due to a "decline in business [and] [his] mutual agreement with the plant."

Norm got married when he was 22 years old. He and his wife have one daughter who is married and living in an Appalachian state. Mr. and Mrs. Rosander live in their own home which is valued at $40,000. They have lived in this house for over 25 years and feel it meets their housing needs very well. They chose this place to live because they "liked the area." Norm regularly drives a car and says this meets his transportation needs very well. Occasionally they take a charter bus "for trips only." Although Norm declined to answer any income questions, he does say their income is based on a pension and Social Security payments. He has no primary financial concerns and says his present income meets his needs. If it were increased by $100 a month, he says he would "take a trip." Material comforts are very important to Norm because "[they] like good things." Since they're "happy with what [they] have," he feels these needs are very well met.

In his spare time, Norm reads newspapers, books and magazines such as Saturday Evening Post, Reader's Digest, Modern Maturity and Book Digest. He watches Little House on the Prairie, Newlywed Game, Hawaii Five-O, Charlies Angels, the Tonight Show and movies and news programs on TV. He listens to FM music on the radio and the John Otto show, which is a late-night "question and answer/call-in" show. These forms of passive recreation are important to Norm because he likes to "keep up with the times--so [he] [doesn't] go stale. . . ." Norm says he's satisfied--"what I need is available"-- and concludes these needs are very well met.

Norm also golfs, dances, plays cards and travels. Such forms of active recreation are moderately important to him because he says, "we do some of every one of [these activities]." Since he's active, these needs are very well met.

Norm doesn't have any social or political concerns at this time, but he feels political participation is important. He says it's important to "keep up and know what's going on. Just because you're retired, you don't crawl in a hole. Some of my friends tried that—it didn't work." Norm is a member of the Blasdell Republican Social Club and Chairman of the Planning Commission. He feels these activities meet his needs very well.

Norm just "cut a door from the garage to the patio." Expressing himself in a creative way is moderately important to him and he considers these needs to be very well met.

He also feels learning is important because he likes to "keep up with the activities." He meets these needs very well through reading.

Helping others is important. Norm is president of the "Golden Agers" where he helps "others to do something, enjoy something." This meets his needs very well.

Religious activity is important and self-understanding very important. Norm attends church, reads, and "reflect[s]," so he "[won't] go dead before [he] die[s]." All these activities meet his needs very well.

Norm says the most helpful governmental programs to him are an information and referral service, Social Security, Medicare, community clubs and organizations, library services and volunteer opportunities. He belongs to several clubs, including the town's senior citizen travel club, the Knights of Columbus, and the American Association of Retired Persons. He is also on the local library board, the senior citizen advisory board, and is a member of the volunteer fireman's exempt association. He regularly attends all club and board meetings.

Norm feels socializing is very important "for entertainment and enjoyment." Because he does socialize, these needs are very well met. Having close friends is also very important so that "[he] [is] a part of what's going on." Since he has friends, these needs are very well met.

Norm describes his health as very good. He lists arthritis, hearing, vision, and a broken kneecap as health problems. He was hospitalized for the kneecap a year before the date of this interview (1977) and has had "difficulty kneeling" since then. The previous year (1976) an arteriogram "found [a] blockage in [his] main artery." This has resulted in "poor circulation to [the] lower part of [his] body." Though he has both upper and lower jaw dental plates, he says that this has not caused any problems. The last time Norm saw a doctor was for a checkup on his knee after the cast was removed. Norm had broken his knee when he "slipped on the ice." He does not have regular physical exams, but sees a private doctor "because [they've] always done it [and] can afford it." The Rosanders pay all medical expenses through Medicare, private medical insurance, and personal payments. Norm feels he has adequate health care. He does not smoke and drinks alcohol about once or twice a week. He does not take any medications or drugs regularly and feels he eats a healthy, balanced diet. Though he has never been seriously depressed or had any serious physical problems, his wife had her "cataracts removed" about ten years before the date of the interview (1968). Because he likes to be healthy and active, Norm says health is very important to him and these needs are very well met. Community conditions do not at all interfere with his activities.

Norm is not interested in employment at this time because he says he "[doesn't] need it." He would not take a government subsidized training program unless he "were 20 years younger." Yet he does believe work is important so that he will be "active and creative." Since he has "[his] own home and work around the yard," these needs are very well met.

Norm's wife is 64 years old and has a high school education. She is presently retired, but has had several jobs since the Rosanders met, including bookkeeper, secretary, and "apprentice pharmacist." The bookkeeper and pharmacist jobs each lasted a year; she was a secretary for ten years. Norm and his wife spend much of their time together. They go shopping about three hours a week, play golf and bowl six to eight hours a week, travel; and do daily activities such as housework, watching TV, talking, eating and sleeping about 98 hours a week. Norm is moderately satisfied with their sexual relationship. When asked how it could be improved, Norm answers, "At our age?" He says there is nothing he would change about his wife. Having a close relationship with her is very important to Norm. He says, "I feel that these are the best years of our lives. We have friends who go separate ways. At our age, I don't think that's right. I don't think that's right at any age, but particularly at our age." Since he's "satisfied," these needs are very well met.

Mr. and Mrs. Rosander had three children, two of which "died soon after birth." Their 42-year-old married daughter is a dental hygienist. They visit her about two to three times a year and receive letters or phone calls from her about twice a month. Having had and raised her is very important to Norm because he "enjoy[s] her and her family." Since "she's a good girl and she has a nice family," these needs are very well met.

Norm's parents both died when he was young. His father passed away when Norm was 16 from a heart attack; his mother died of "pern anemia" when Norm was nine years old. Norm doesn't know how much education they had. His father was a mechanic and his mother a housewife. After his parents' deaths, he says he lived with a "family friend." Norm has one brother (deceased) and a sister. He says he hears from his sister about "once every six months." His relationship with her is moderately important because "[his] own family is more important." He considers these needs to be very well met.

When Norm was 30, he was married, had a three-year-old daughter, and was living in the same mid-Atlantic state. He was a supervisor and his wife was a housewife. They were living in a rented duplex for $50 a month which met their needs moderately well. Though Norm does not say how much he earned, he feels that his income met their needs. Housing costs were his primary financial concern. Material comforts were very important to Norm then because "[they] were saving to own [their] own home. [Though] everyone wanted possessions and conveniences, [they] were looking to increased income and security for the future." These needs were moderately well met.

In his leisure time, Norm read newspapers and magazines. He also listened to Amos and Andy, The Shadow, Studio One and Fred Allen on the radio. Such forms of passive recreation were important to him because he liked to "keep abreast with the activities." They were very well met, because he says, "that's all there was at the time."

Active recreation was important "for entertainment and activities." Since Norm "partook [in such] activities [as] playing games, cards [and] dancing," these needs were very well met.

When Norm was 30, no social or political conditions concerned him at the time, though political participation was important to him because "[he] would be . . . interested in how public affairs and government [activities] were handled . . . ." Since they were "active in public affairs and government" by voting and "getting involved in Civil Defense," he feels these needs were very well met.

Norm was "too busy in other things" when he was 30, so creativity was moderately important and these needs were very well met. However, learning was very important because he feels he was "of an age" where learning "was necessary." Since he "didn't do much" more than "reading," he feels these needs were moderately well met. He cites "the Depression, lack of time, lack of money, [and being] newly married" as interfering with these needs being more fully met.

Helping others was very important to Norm when he was 30 because he "felt it was good to help others." Since he was "active in the volunteer fire department," these needs were very well met.

Religious activity was moderately important and self-understanding very important because that was the time when "[he] was growing up and trying to improve [his] life." Norm says these needs were moderately well met because "I guess you'd have to say that you were too young to know yourself real well--and what life is all about. What do they say? Life begins at 40." Being "too young" interfered with these needs being more fully met.

Norm says 30 years old was the age that "you're interested in socializing, meeting people, and having parties--that was party time." Thus, socializing was important to him and because he was active in "that type of thing," these needs were very well met.

Norm had some close friends who were very important to him because he "wanted to be well known and accepted." Norm says, "You need guidance at that age." He felt these needs were very well met because he "had a lot of close friends and did a lot of activities."

Norm feels his health at 30 was very good. His only physical problems were a chronic cough and impaired vision requiring glasses. He had adequate health care from a private doctor and public clinic and personally paid for it. He says his diet was different than it is today in that they "weren't as concerned about [it] then as [they] are now." He also drank and smoked more. Having his health was very important to Norm then because he says, "Anybody would be concerned with their health or personal safety--or should be. [I] didn't want to have an accident or ruin [my] health if [I] could help it." "Because [he] tried," these needs were very well met.

As a supervisor at the steel plant "in the continuous pickler strip mill," Norm had about "eight to ten men under" him. He was moderately satisfied with this job, and had "no thought" of retiring. Work was very important to him then "in order to improve [his] ability . . . earn money . . . get ahead and support [his] family." Because he was "still looking for improvement," these needs were moderately well met.

Norm and his 25-year-old wife spent their time together in such daily activities as "eating, sleeping [and] conversation" about 70 hours a week; "housework and child care" about eight to ten hours a week; and entertainment including "parties, dances [and] movies" about four to five hours a week. He was very satisfied with their sexual relationship and says he would have changed nothing about his wife. Having a close relationship with her was very important to him in order to "live a happy life." Because they "worked and did things together . . . enjoyed a good life together," these needs were very well met.

Norm says they spent almost all the time with their daughter. He says they "played with her--helped teach her--helped care for her." Having and raising her was very important to Norm because "[they] liked children and wanted to have a family." Mr. and Mrs. Rosander mention that their family size was not limited by choice; they had "two babies who died and two miscarriages." But because they "had a child and enjoyed raising her" their needs were very well met. Norm says, "At that age, that was the thing to do to improve your life together."

Relationships with his brother and sister were very important to Norm when he was 30. It was important "to be able to help one another and share in activities and families." Because they were "close and visited each other, helped one another," these needs were very well met.

At 50, Norm was still married, and his daughter was 23 years old. He was still working as a supervisor and his wife was a secretary. They were living in their own home and making payments of $90 a month on it. This met their needs very well. Norm's income consisted of wages and salaries and interest/dividends. Though he does not say how much he earned, he feels it met his needs. Housing costs were a primary financial concern. Material comforts were very important then and these needs were very well met because they had been in their "desirable home" for ten years and "had more possessions and conveniences--everything was looking up . . . ."

When he was 50, Norm read newspapers and magazines and watched numerous programs on TV including Ed Sullivan, Studio One, What's My Line, I Love Lucy and Jackie Gleason.

Passive recreation was important to Norm then because the "TV was new then and [he was] more interested in some of the things then than before." Because they "had a TV" and "took part in sports," these needs were very well met.

Norm also played golf and bowled then, in addition to dancing and travelling. All these activities made active recreation important to him and because they "did a lot of it," these needs were very well met.

Norm says he was "probably" concerned with "local-political positions because [he] had already been elected Trustee of the village in the years preceding 1959." Participation in political activities was very important then because he "was interested in local government affairs as well as national." Since he was "part of it," these needs were very well met.

When Norm was 50 he was a "photography bug and enjoyed taking pictures." Creativity was very important to him then and since he was involved (he had a movie camera and "all the equipment to enjoy the hobby"), these needs were very well met.

Learning was moderately important then. Norm took a furniture refinishing course, but he doesn't "remember exactly when." Norm says he got "enjoyment and [a] houseful of furniture redone" from taking this class. Because he was "satisfied with what [he] was doing," these needs were very well met.

Helping others was important because "it [was] a way to share [his] knowledge--do good--help others." Since he "tried to help and encourage others," these needs were very well met.

By the time he was 50, religious activity and self-understanding had both become very important to him, since he was "getting older and [was] not quite as active as before." These needs were very well met because "[they] were satisfied."

"For enjoyment, meeting new friends, being active [and] staying active," socializing was important to Norm. Since they were active and "doing things," these needs were very well met. Norm had some close friends who were very important to him and since they "shared in activities," these needs were very well met.

Norm continued to have very good health at age 50, though he had to be "careful with [his] diet and had to stop drinking" due to a ulcer. He feels he had adequate health care from a private doctor. He covered medical expenses through private medical insurance, employment insurance and personal payments. In addition to different eating and drinking habits, he smoked more than he does today. Having his health was very important then because he wanted "to keep well and physically fit for a longer life." Since he feels that he was in "good health and took care of [him]self," these needs were very well met.

By that time Norm had become a supervisor of the data processing department, with 20-30 people under him. He was very satisfied with this job and planned to retire at the mandatory retirement age of 65. At that time, he hoped to do some travelling. Work was very important to him then because he wanted to have "income enough to enjoy retirement."

Since he "had a good job and was happy," these needs were very well met.

Norm and his 45-year-old wife spent their time together then bowling and dancing about ten hours a week, travelling about two days a month, and "eating, sleeping [and talking]" about 84 hours a week. Norm continued to be very satisfied with their sexual relations and still did not want to change anything about his wife. Having a close relationship with her was very important and these needs were very well met because "[they] had a good married life."

Norm and his wife saw their daughter often then. They visited her and her husband then on weekends and "when [their] babies were born." Though they were "beyond having and raising [their own] children," they were "still interested in helping [their daughter's] family and this was moderately important to them. Because they "were active and involved," their needs were very well met.

Norm feels his relationship with his sister was very good at the time . It was important because he "want[ed] to keep in touch with [her]" and "[help ner] if need be—or be helped if the occasion arose." Since they communicated and helped one another when they could, these needs were very well met.

In retrospect, Norm rates his overall quality of life as "good" was he was 30. Socializing, work, and relations with his wife made it so. Material comforts and self-understanding tended to prevent him from having a better quality of life. At 50, his overall quality of life was "very good." Political participation, self-understanding, and socializing all made it good, while nothing interfered with making it better. Today, his overall quality of life continues to be "very good." The areas of active recreation, helping others and socializing all contribute to making it good. Nothing prevents him from having a better quality of life.

Norm says "the pleasure and satisfaction [he] get[s] out of [his] grandsons' accomplishments" has made the biggest improvement in his quality of life in the last two or three years. He is very proud of the three oldest grandsons being in college, one of which is in his fourth year of a premed program. In addition, travelling has made a big improvement because he is "more relaxed." Norm says nothing would make the biggest improvement now. He cites his "pancreatitis" attack in 1954 as an event that made a lasting change in his life. He almost died from it and since then, he has had less activity and doesn't drink. Marriage, the birth of his daughter, the loss of their two babies, and retirement have been the turning points in his life.

Though Norm says "we [are] doing most everything that we want to," he'd like to travel more. Lack of time is preventing him from doing this. His plans for the future are the "same as [they] are doing now--enjoy it--travelling together, doing things together, enjoying the grandchildren growing up and getting places."

Norm says he realized he was getting older when he "found out about [his] circulation problem because it affected [his] ability to walk very far." He has adjusted to this by doing "less activity, [be]cause there's no denying that you're less active."

Norm's interviewer describes him as very relaxed, confident and "rather distinguished in a way." She notes that he had some difficulty with recalling how many hours per week he and his wife spent in activities together. His wife was "in and out during the entire interview. She supplemented his answers on occasion and he consulted her on several occasions. She was absent for most, if not all, questions on family or personal relationships."

Norm has a very good quality of life. He rates every dimension as at least moderately important and considers his needs to be very well met in all areas. He is actively involved in community activities and has a rich and satisfying family life. Norm is an exemplary 70-year-old.

O.K. for data illustration
C.L.J.

190934 DWIGHT DENTON (86)

Race: White
Age/Sex: 70-Year-Old Male
Education: HSD
Marital Status: Married
Children: 4

Occupation: Retired
Current Family Income: Unknown
Present Location: West coast state
Community Size: less than 1,000
Community SES: Middle to low

Q of Life:	MWB	He	Sp	Ch	Rel	Fr	Hlp	Gvt	Ln	Und	Occ	Cr	Soc	PR	AR
Curr Imp:	1	1	1	1	1	1	1	1	1	1	5	2	1	2	1
Curr Nds Met:	1	1	1	1	1	1	2	2	2	1	0	1	1	1	1
At 30 Imp:	2	1	1	1	1	1	4	5	4	4	1	5	2	1	1
At 30 Nds Met:	3	4	1	1	1	1	4	5	4	4	1	4	3	1	1
At 50 Imp:	1	1	1	1	1	1	2	3	4	4	1	4	3	1	1
At 50 Nds Met:	3	4	1	1	1	1	2	3	3	4	2	4	3	2	2

Dwight Denton is a 71-year-old white male living in a West coast state. He is a high school graduate maintaining a "B" average throughout his entire schooling. He obtained all his schooling near the city he is currently residing in. His career plans at age 20 were to "be [an] outstanding athlete" in professional basketball. He was unable to achieve this goal because of the "nation's economy." Dwight's job history begins in 1938 when he was working as a foreman for a large logging company in his current state. He worked on this job for four years. He began this job earning $1.00 an hour and left earning $1.45 an hour. His next job began in 1942 with a construction company in the same area. He started the job making $1.60 an hour. In 1961 he was earning $6.00 an hour. That year he left this job to begin work with the county constructing roads. He took this job because it offered him "more security" and allowed him to "buildup" his retirement. He retired from this job in 1972 at the age of 65 because he was "eligible." He does not mention his salary on this last job.

Dwight is still married to his wife of 43 years and they have two daughters, aged 40 and 39, and two sons, aged 38 and 31. He, his wife and their 38-year-old handicapped son live together in their own home valued at $80,000. His housing needs are very well met. Dwight drives his own car and this meets his transportation needs very well. His total family income is not specified although he says he receives money from Social Security, a government pension and "trapping." He says he receives $1,200 a year from this last source. He feels that his combined income does meet his needs. However, he is concerned about housing costs, daily living expenses such as groceries and unexpected medical expenses. If his income were increased by $100/month he would save it. Material comforts are very important since "Being comfortable is of prime importance." His needs are very well met since he feels he has all the material needs to ensure his comfort. Yet, he feels his age and "time" are interfering with his needs being better met.

During his leisure time Dwight reads the newspaper, magazines, books and professional journals such as Mechanics Illustrated. He reads such magazines as Outdoor Life, American Hunter, Sports Afield and Field and Stream. Recent books that he has read are Glory Days of Logging, The Frontier Years, Redwood Classic and The Indians. He watches sports and news programs on TV, listens to the news on radio and listens to Bing Crosby records. Passive recreational activities are important since they provide him with entertainment, relaxation and keep him posted on current events. His needs are very well met because such activities are educational for him. He mentions that having to maintain his home interferes with his needs being better met. Active recreation is very important because it provides him with an "outlet for [his] feelings." He is an avid hunter and fisher and belongs to a sportsman's club in which he attends meetings once a month. Since he has good health and is able to participate in those activities, his needs are very well met. However, lack of time and having to care for his handicapped son do interfere with his needs being better met.

The social and political issues currently concerning Dwight are "Lack of leadership in Washington, D.C. [and] escalating cost of medical care." Participation in government is very important because he feels it is "[his] duty as a citizen." He is an active member of a local political group in which he attends meetings once a month. His needs are well met although lack of time tends to interfere with his participation.

Creativity is important to Dwight who enjoys making gun stocks at home. His needs are very well met since this hobby occupies some of his time constructively. However, lack of time interferes with his needs being better met. Learning is very important because he is concerned about "improv[ing] [his] knowledge." He has taken a course in "Home defense training" and is planning to learn about gunsmithing and gardening. His needs are well met since he has the facilities available to learn. Lack of time and ambition on his part tend to interfere with his needs being better met.

Helping and encouraging others is very important to Dwight who has a "Love for youngsters and [loves] to see them develop." His needs are well met since he is able to be "of assistance in some areas." His age and lack of time interfere.

Religious activity is very important to Dwight who attends church about four times a year. Understanding himself is very important, particularly from a religious perspective. He reads the Bible, listens to radio sermons and maintains a "Belief in life after death." His needs are very well met "Due to [his] faith in [him]self and family." Lack of "available time" interferes with his needs.

The most helpful community and governmental programs to Dwight are Social Security, Supplemental Security Income, Medicare, low-cost clinics, legal aid, and counseling programs.

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Socializing is very important to Dwight "Because [he] enjoy[s] 'mixing' and meeting new people." His needs are very well since he is able to socialize with others. He belongs to a fraternal organization (A.O.U.W.) and AARP although he he does not attend meetings. Dwight does have close friends and never feels lonely. Close friends are very important to him because he has a "Love of people." His needs are very well met since he has "close contact with others." Lack of time to socialize with his friends does interfere with his needs being better met.

Dwights most recent health problem was a knee operation. He also has arthritis. He wears both an upper and lower dental plate. He has not had any recent accidents and no concerns about his physical appearance. He rates his present health as "excellent." He does not have regular checkups. His main source of health care is a health maintenance organization. He says he pays all his own medical expenses; however, he earlier stated that Medicare provided him with assistance. He does feel he has adequate health care. He does not smoke and drinks at least two drinks at least once or twice a week. He feels he eats a healthy diet and does not take medication regularly. He has never experienced severe depression. The only member of his family that has had a serious physical ailment is his son who was handicapped from a logging accident in 1964. Health is very important to him "Because [he] enjoy[s] life and being active." His needs are very well met although his age and "time" are interfering. His community conditions are not at all a threat to his personal safety.

Dwight is retired and is not interested in being employed at the present time. Work is not at all important and he does not indicate how well his needs are met. He is not interested in a subsidized training program because of his age.

Dwight's wife is 66-years-old and has a 9th grade education. She has no history of ever working. Having a close relationship with his wife is very important to Dwight who feels that it is "Human nature to love and to be loved!" His needs are very well met since he is content with his relationship. They spend their time together collecting antiques. He preferred not to answer the question concerning his sexual relations. He does not wish to change anything about his wife.

Having and raising children is very important to Dwight. His needs are very well met because his children have "All . . . proven to be good citizens and respectful children." His oldest daughter, aged 40, is married, has a high school education and works as a secretary. His other daughter, aged 39, is married, has some college and works in an "employment compensation office." His oldest son, aged 38, has a college degree in forestry and is single. He is not working due to his handicap. His other son, aged 31, is single, has some college and works as an engineer for the Department of Natural Resources. His oldest daughter and youngest son visit him every week. His other daughter visits once a month.

Dwight's parents were both born in the United States. He says that neither of them had any formal education. His father was a farmer who died of heart failure in 1958. His mother was a housewife who died in 1968 from a stroke. Dwight and his two brothers and five sisters grew up living with their parents. He has only three remaining sisters. Having a relationship with them is very important and his needs are very well met "Because of [his] love for them."

At age 30, in 1937, Dwight was living in the same state, married and had no children yet. He was a logger earning $3 a day. His wife did not work. They lived in a house they rented for $5 a month and had plans to buy a home. His housing needs were moderately well met. His yearly income then was $1,200. This did not meet his income and he needed "Twice as much." He was concerned about housing costs, daily living expenses and unexpected medical costs. Material comforts then were important and his needs were moderately well met because his "limited income" interfered.

At that time Dwight read newspapers, magazines and books. He did not have a radio. Passive recreation was very important as a form of education and his needs were very well met since reading materials were available. Active recreation such as fishing and hunting was very important and his needs were very well met since such activities were easily obtainable.

Dwight was not concerned about any social or political issues then and participation in government was not at all important. However, his needs were not at all well met since he lacked the resources to keep informed about current events.

Creativity was not at all important because he did not have time to pursue such activities. His needs were only slightly well met because lack of time interfered. Learning was only slightly important then because he was busy earning a living. His needs, however, were only slightly well met because facilities for learning were not available. Also, his job interfered.

Helping others was only slightly important since he lacked the time to help. His needs were only slightly well met because time interfered.

Religious activity was only slightly important. Understanding himself was also only slightly important. His needs were only slightly well met since he did not have "enough time for this." Lack of time interfered.

Socializing was important for relaxation. His needs were moderately well met because lack of time interfered. Close friends were very important because his friends provided him with "trust, support and guidance." His needs were very well met. However, "limited time" interfered.

At age 30 Dwight had no health problems or concerns about his physical appearance. He rates his health then as "excellent." He had his own doctor and private medical insurance to cover his medical expenses. He does not feel that he had adequate medical care then because he needed "More thorough protection." His diet was no different then than it is today. His response concerning his drinking habits then is ambiguous. He did smoke more then. Health was very important for his "livelihood" and his needs were only slightly well met because of hazardous working conditions.

He was satisfied with his job working in the lumber business. He planned to voluntarily retire at 65 and travel, hunt and fish. Work then was very important since it was "Necessary for survival." His needs were very well met since his job provided him with food and lodging.

Having a close relationship with his spouse then was very important. His needs were very well met because they had "Happiness and understanding." In their time together they would go dancing weekly. He was very satisfied with his sexual relations and would change nothing about his spouse.

Having and raising children was very important since they both wanted children. His needs were very well met.

His relationship with his parents and siblings was "very good" then. Having a close relationship with them was very important and his needs were very well met since they all got along well.

At age 50, in 1957, Dwight was living in the same area, married and had all his children. He was working for a construction company earning $4 an hour. His wife did not work. He and his family lived in the home they were buying for $70 a month. His housing needs were moderately well met. His yearly income then was $6,000 and he says it met his needs. However, he was concerned about housing costs, daily living expenses and unexpected medical expenses. Material comforts were very important for his "comfort and convenience." His needs were moderately well met because his "limited income" interfered with their buying everything they wanted and needed.

At that time he read newspapers, magazines and books. On TV he watched sports, listened to the news on radio and listened to Bing Crosby records. Passive recreation was very important since it was a "main concern." His needs were well met since he could afford such things, but lack of time interfered. Active recreation was very important, particularly hunting and fishing. Since such activities were available, his needs were well met although lack of time interfered.

He was concerned about issues dealing with health and welfare payments in the labor union he belonged to. Participation in government was moderately important since he was not too concerned about such things then. His needs were moderately well met since "Not all needs were met." His disagreement with political and social issues interfered with his needs being better met.

Creativity was only slightly important since he lacked the time to pursue creative activities. His needs were only slightly well met because lack of time interfered. Learning was moderately important because he did not have enough time. His needs were moderately well met because lack of time interfered.

Helping others was important and Dwight was involved with scouting and little league programs. His needs were well met although lack of time interfered.

Religious activity was only slightly important to Dwight then. Understanding himself was also only slightly important because he was not greatly concerned at that time. His needs were only slightly well met because he did not have enough time.

Socializing was moderately important because he did not have enough time. His needs were moderately well met since lack of time interfered. Close friends were very important for his "peace and happiness." His needs were very well met since he had "Cooperative friends."

The one health problem Dwight had then was arthritis. He had no concerns about his physical appearance and feels he had "excellent" health then. He had his own doctor and personally paid all his medical expenses. He feels he did not have adequate health care then because he needed "More complete protection." His diet was the same and he drank less and smoked more. Health was very important and his needs were only slightly well met since he did not have adequate health protection through his employer. This interfered with his needs.

Dwight was satisfied with his construction job of "driving pilings." He planned to retire at the mandatory age of 65 and go hunting, fishing and traveling. Work was very important and his needs were well met since he was satisfied with his work.

Having a close relationship with his wife was very important since it was "necessary for happiness." His needs were very well met because they were compatible. Most of their time together was spent raising the family. He was very satisfied with his sexual relations and did not want to change anything about his spouse.

Dwight often spent time with his children fishing, hunting, picnicking and participating in sports. Having and raising children was very important then since they wanted a family and loved their children. His needs were very well met since all his "Children were . . . successful in their chosen field."

His relationship with his parents and siblings was "good." Having a close relationship with this family was very important and his needs were very well met "Due to closeness of [his] family."

Dwight says that his quality of life at age 30 was "very good." Active recreation, his wife and having children (although he had none then) tended to make it good while understanding himself, lack of socializing and learning tended to make it poor. Life at 50 was "excellent." Active recreation, his wife and his children tended to make it good while the same things that made it poor at 30 again made it poor at 50. Dwight now describes his current overall quality of life as "excellent." Active recreation, having close friends and having children make it good. Helping others, socializing and expressing himself creatively make it poor.

The one event that had a lasting change on his life was "When [he] quit smoking." This had a positive effect on him both physically and mentally. The periods of major change in his life were when he married and had children.

The biggest improvement in his quality of life in recent years has been his "Ability to go hunting and fishing in Alaska." As for what would make the biggest improvement in his life now, Dwight says, "[I'm] perfectly content with things as they are."

Dwight realized he was getting older when he began to fatigue much more easily. The first time he felt he was getting older was when he was splitting wood. He has adjusted to getting older by slowing down and resting more. His plans for the future are to do more fishing, hunting, gardening and traveling.

The interviewer says that Dwight was very relaxed during the interview and responded to the questions confidently. The interviewer also makes the following observation about Dwight. "Very good physical condition. Very active individual. Probably an exception."

Dwight appears to be doing well in his later years. He is an active sportsman who has the resources available to him to fulfill his interests. He does not seem to be lacking financially to any great extent. He appears in good health and has no concerns to work outside the home. He is an active member of the community participating in several organizations. Perhaps the one factor that is having a negative effect on his desire to travel is his need to care for his handicapped son who is living with him. Perhaps a home health care service such as visiting nurses to care for his son would allow him to travel more often.

O.K. for data illustration
SRA